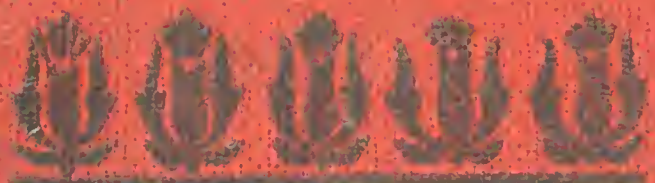


DOMESTIC COOKERY.

THE

Housewife's Manual



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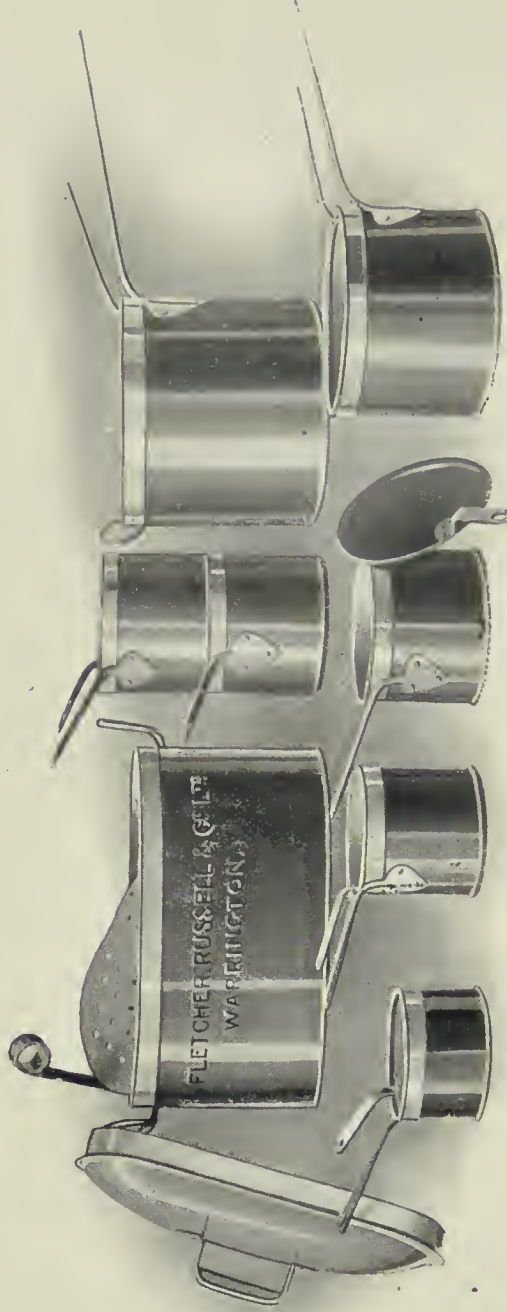
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5	5 in.	4 1/2 in.	2	6 =	2 6	11 6	20 =	4 0	9 =
6	6 in.	4 1/2 in.	3	7 6	3 3	14 =	27 =	5 0	11 1/2
6B	6 in.	5 1/2 in.	4	8 6	3 6	15 6	29 =	6 =	12 =

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8 Gallon	-	31½	- 22½	-	13½	- 18½	-	3	10	0
10 "	-	32	- 23	-	13½	- 18½	-	3	17	6
12 "	-	33	- 25	-	15	- 20	-	4	5	0
16 "	-	36	- 27	-	17½	- 21½	-	5	10	0
20 "	-	36	- 29½	-	18	- 24	-	6	6	0

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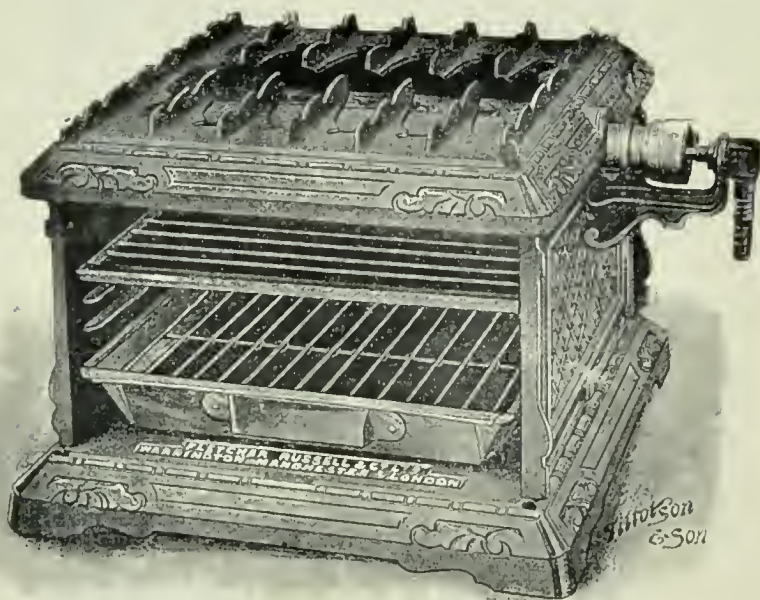
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HOUSEWIFE'S MANUAL
OF
DOMESTIC COOKERY

WITH SPECIAL REFERENCE TO
COOKING BY GAS

EDITED BY
MRS. H. M. YOUNG.

First-Class Diplôme as Demonstrator of Cookery, Medalist, &c., &c.

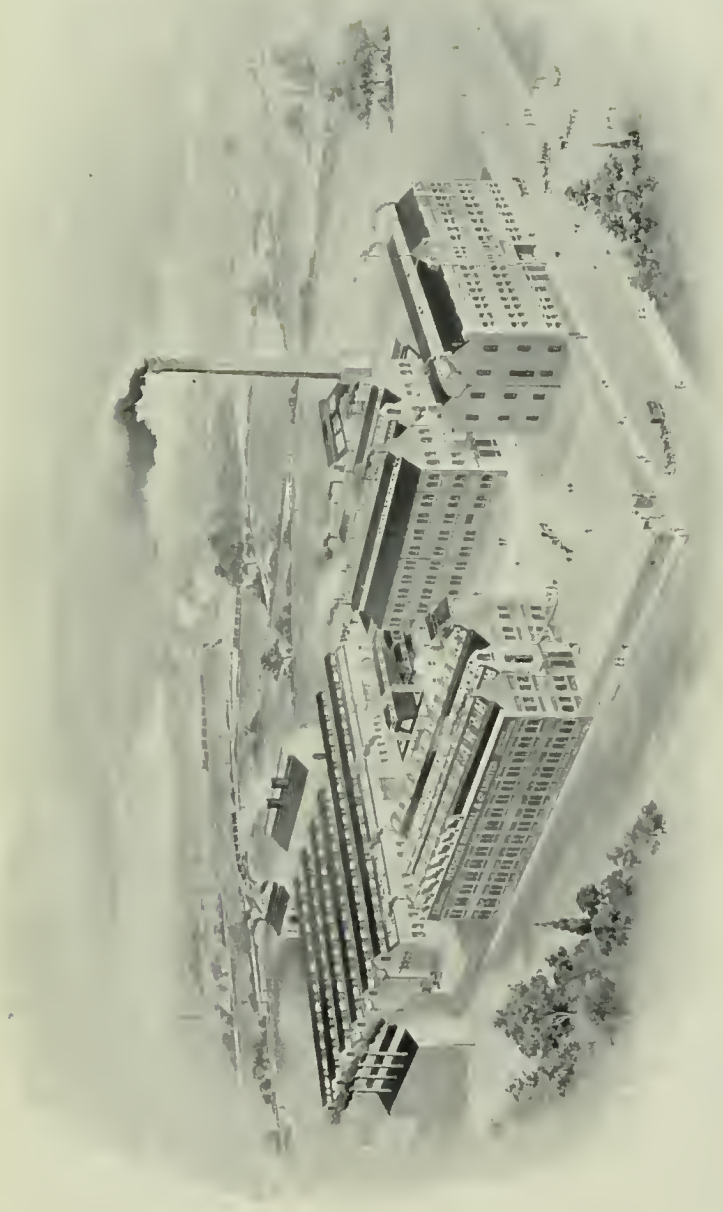
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PREFACE.

“DOMESTIC COOKERY,” my earliest work, and I believe the first practical exposition in a cookery book of the application of gas to culinary requirements, appears in the present form under a new guise. It contains, in addition to recipes from both “Choice” and former “Domestic” Cookery, much new matter, in part original, which it is hoped may further enhance its value. No pains have been spared to thoroughly revise every recipe, and I have endeavoured to give the illustrations in the clearest and most direct fashion. The remarks prefixed to the various groups of recipes contain information of a general character, and will be found specially helpful in the management of the gas range. The introduction of illustrations serves the double purpose of rendering the book attractive, and of showing the most salient features of a dish, or the manner of its preparation. The plates are not drawings, wherein everything is geometrically correct, but photographs of dishes as actually prepared or in process of making. I have to thank the artists for their beautiful reproductions; thanks are also due to those who have favoured me with new or improved recipes.

To carry out in full perfection all classes of cookery, the superiority of **Gas** over every other agent is unquestionable. After a long and varied experience in the use of gas ranges, and by way of reply to the question so often asked, “Which would you advise?” I would here express my warmest appreciation of the unrivalled excellence of the “**FLETCHER**” **Gas Cooking Range**, both in respect to strength, durability, scientific construction, cleanliness, perfection and ease in cooking, and true economy in gas consumption.

Even with all the assistance it affords, the ideal cook is not produced by any cookery book, however pretentious, but by an intimate knowledge of the principles and careful practice of the art, with the exercise of good taste and sound judgment. It is the sincere desire of the Publishers and of myself that this book, by furnishing a reliable kitchen companion and thus aiding the housewife and cook in their duties, may amply justify its title, "The Housewife's Manual."

H. M. YOUNG.

HARSTON,

CAMBRIDGE.



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PUBLISHERS' FOREWORD.

WHEN an English Royal Princess sets an example by studying the art of cooking, it may be safely taken that the occupation is an honourable one.

It is said that the way to a man's heart is through his stomach. It certainly is one of the ways, or the position of even a poor cook would be very different to what it is in the house. A good cook takes an unassailable standing always; she not only "rules the roast," but she practically rules everything and everybody, and since the introduction of Gas Cooking, the art is so simple that all may easily become experts. When they do, the question of supremacy will have to be settled on a different basis; until then, the cook remains "prime minister." Few occupations are so well remunerated, and, with the almost universal use of gas, a new order of a higher and well-educated class of cooks is rapidly growing. At present they are too scarce and valuable for anything except as teachers and lecturers, until they get married, which appears to be their early and universal fate, because, as before stated, "the way to a man's," &c., &c.

FLETCHER, RUSSELL & CO., LTD.

DOMESTIC COOKERY,

WITH SPECIAL REFERENCE TO

.. COOKING BY GAS. ..

SOUPS.

UNDER this heading are comprised Broths, Consommés, Soups, and Purées. We will not enter into the controversy as to the exact application of each of these terms more than to remark that "Purée" indicates that the Soup is thickened by the addition of vegetables, &c., rubbed through a sieve, and that the other terms are almost promiscuously used for Soups with or without vegetables, and which are usually of not more than a creamy consistency.

Much has been written and said about the dietetic qualities of Soup, but probably its principal value is to serve as an introduction to the dinner, and to some extent, perhaps, to counteract a tendency to over-eating. Not much nutriment is to be found in the majority of Soups, and those which contain much vegetable and high seasoning are not very easy of digestion, but a light Soup taken with bread or Choux Balls (No. 667) is agreeable, appetising, and unquestionably beneficial.

The constituents which enter into Soups are most numerous, but practically all rely upon the basis of meat and vegetables.

garnishing, seasonings, and flavouring of many kinds and in various combinations serving to make up the vast array of Soups whose number is still added to day by day.

The very foundation for a Soup is Stock (*see* Nos. 48 and 51). The careful cook or housewife always keeps the Stockpot replenished with whatever may be available, such as skeletons of fowl, game, &c., trimmings and remains of joints, fresh bones, and so forth. These are all of service in preparing stock for ordinary Soups, but where anything special is required, clear Soup in particular, the stock should invariably be made with great care from fresh meat only. Beef is the best for brown, and veal and poultry for white, stocks. Mutton is not so good and should not as a rule be used, except where particularly indicated, as in Mutton Broth. Great saving of time and trouble is effected by preparing the stock the day before it is wanted, and the flavour is much improved. In all cases stock should be **FREED FROM FAT**. The best way to do this, when the stock is cold and jelly-like, is to dip a spoon in hot water, lift off the fat with it, and remove the small quantity remaining with a cloth wrung out of hot water. If the stock is hot, or liquid when cold, skim off as much as possible with a spoon, and complete the removal by drawing strips of soft paper over the surface.

For Brown Soup a brown stock is generally used (*see* No. 48), and the proper colour obtained by frying the vegetables in butter (which also adds much to the flavour), and, if necessary, by the adding of a little browning (*see* No. 733) on completion. It may be noted that, whereas fat in Soup is very objectionable, butter is quite the reverse. When stock is not to hand, the Liebig Company's Extract of Meat is very useful to give flavour and colour, and it may be added at the last moment to a clear Soup without clouding.

In the use of vegetables, herbs, and seasonings, care should be taken that no particular ingredients predominate. Seasonings are to be used with great caution in all cases, and peppercorns are preferable to ground pepper as a rule. The art of seasoning is, indeed, one requiring the exercise of the most discriminating taste and best judgment of the cook; mechanical adherence to fixed quantities of salt, pepper, and cayenne is to be deprecated.

THE CLEARING OF SOUPS.

Soups, if intended to be cleared, should be allowed to stand until quite cold and the fat carefully removed. To the strained stock is added shredded lean beef and white of egg, the whole brought slowly to the boil with constant stirring, boiled well up and allowed to stand covered for about a quarter of an hour. Place a clean linen cloth over a sieve in a bowl (*see* Plate No. 11), pour through about a quart of boiling water, *throw this away*, then pour through the Soup. If not quite clear at the first attempt, repeat the straining once or twice. The crust which rises to the top of the pan forms an excellent filter, and every care should be taken to make the Soup *quite* clear.

Almost all vegetables may be used as a garnish for clear Soup. Carrots and turnips should be cut in fancy shapes or fine strips (*Juliennes*, &c., No. 18). Other garnishes are—grated parmesan cheese, Italian pastes, vermicelli, savoury custards cut in fancy shapes, toasted or fried sippets of bread, and little balls of *pâté à choucr*, these last baked and served in a serviette.

Soups are thickened by the addition of flour, sago, arrowroot, or potato flour. A very good way to add flour is to mix it thoroughly with butter, form into a ball, drop it into the Soup and allow to dissolve. If carefully done there need not be any fear of lumps of flour in the Soup.

THE COOKING OF STOCKS AND SOUPS.

For the preparation of Soups and Stocks, no more perfect apparatus could be designed than the Gas Cooking Range. Long and gentle simmering can be carried out with ease and exactitude, and fast boiling and waste of both fuel and food entirely avoided. Even a simple boiling burner will be found of the greatest service in this branch of the art on account of its simple and ready adjustment to the varied requirements.



CROÛTONS FOR SOUP.

SOUPS.

ALMOND SOUP

No. 1.

(*Soupe aux Amandes*).

$\frac{1}{4}$ lb. sweet almonds
 1 head celery
 1 teaspoonful peppercorns
 1 oz. butter
 1 oz. flour
 $\frac{1}{4}$ oz. bitter almonds

1 medium onion
 $1\frac{1}{2}$ pints white stock
 1 teaspoonful salt
 $1\frac{1}{2}$ pints milk
 $\frac{1}{4}$ pint cream

Blanch and pound the almonds, then boil them 1 hour in the stock with the peppercorns, onion and celery; rub through a hair sieve with the back of a wooden spoon. Heat the butter in a saucepan, without browning it, add flour, mix until smooth, add the milk and stir, boil 2 or 3 minutes, then add stock and salt; reheat; put the cream into a tureen and add to it the soup. Serve at once.

ARTICHOKE SOUP

No. 2.

(*Soupe purée de Topinambours*).

2 lbs. Jerusalem artichokes
 $1\frac{1}{2}$ ozs. butter
 1 potato
 1 medium onion
 $\frac{1}{2}$ pint milk

2 bay leaves
 1 teaspoonful white peppercorns
 1 teaspoonful salt
 1 quart white stock

Cut up the vegetables into slices and put into a saucepan with the butter, fry lightly a few minutes, taking care they do not brown; then add the stock, peppercorns, salt and bay leaves. Simmer for 1 hour. Pass through a wire sieve, rubbing the pulp through with the back of a wooden spoon; pour back into the saucepan, add the

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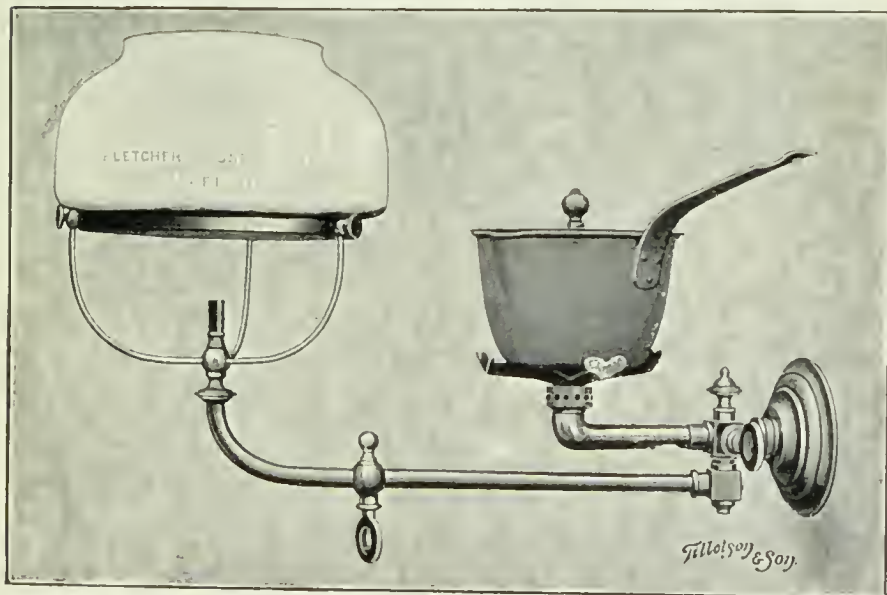
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THE STORES, Liverpool. ❀ ❀

milk, a little more seasoning if required, and heat up. If liked $\frac{1}{4}$ pint of cream may be put into the tureen and the soup poured to it. Serve with toasted bread cut in small squares.

No. 3.

ASPARAGUS SOUP

(*Soupe aux Asperges*).

20 heads of asparagus
1 small onion
1 oz. flour
 $\frac{1}{4}$ pint cream
1 oz. butter
1 quart good white stock

A bay leaf
A few sprigs parsley
Yolks of 2 eggs
1 teaspoonful peppercorns
Salt

Cut off the tops from the asparagus and put on one side. Cut up the stalks in slices, also the onion, put these into a pan with the butter and fry gently 10 minutes; add the flour, then the stock, peppercorns, bay leaf and parsley, and simmer slowly 1 hour. Rub through a fine hair sieve, add cream, yolks and salt; reheat, but take care not to boil it. Just before serving throw in the asparagus tops, which should be first cooked in a little boiling stock containing a little salt and soda.

No. 4.

BROWN SOUP (with Force meat Balls)

(*Purée brune aux Boulettes*).

$\frac{3}{4}$ lb. lean beef
1 good-sized carrot
2 onions, medium size
1 teaspoonful peppercorns
1 good teaspoonful salt
A few sprigs of parsley
A stalk of celery
3 pints water

1 small turnip
1 tablespoonful mushroom ketchup
1 bunch sweet herbs
1 $\frac{1}{2}$ ozs. butter
1 $\frac{1}{2}$ ozs. flour
3 or 4 cloves
Force meat balls
Browning, if needed

Put the butter into a saucepan, heat till brown, then brown in it the onions cut up in rings; remove onions from pan, and brown the flour in the butter; then add the water, stir till smooth, allow this to boil, put back the onions, and add the remaining ingredients, the vegetables and meat cut into small squares; simmer very slowly 1 $\frac{1}{2}$ hours, pass through a wire sieve, remove the meat, and rub as much of the vegetables through the sieve as possible. Put the soup back into the saucepan with the meat and force meat balls (made as No. 55); simmer again 10 minutes, skim off the fat if necessary, and dish.

CARROT SOUP

(*Soupe aux Carottes*).

½ doz. medium young carrots	¼ lb. lean ham
1 oz. butter	1 good-sized onion
1 oz. flour	1 quart brown stock
1 stalk celery	Salt
Bunch sweet herbs	½ teaspoonful peppercorns

Slice all the vegetables and fry them in the butter, add the flour, stir and add next the stock, then the remaining ingredients. Boil 1 hour, rub pulp of vegetables through a sieve, reheat and serve. A garnish for this soup may be made by stripping off the red part from 2 carrots, cutting this into very fine strips about 1 inch long, and boiling 5 minutes in water; drain, and add to soup when serving.

CELERY SOUP

(*Soupe aux Cèleris*).

1½ quarts white stock	½ pint cream
1 oz. butter	1 tablespoonful salt
1 oz. flour	½ teaspoonful peppercorns
2 heads celery	

Wash and cut up the celery, boil in the stock with the peppercorns until tender, and rub through a hair sieve. Put the butter into a pan, let it get quite hot, but not brown; add the flour, mix until smooth, add the stock, boil 2 or 3 minutes, add salt; put the cream into a tureen and pour in the soup. Serve at once.

CHICKEN BROTH

(*Bouillon de Poulet*).

1 chicken or fowl	2 tablespoonfuls flour
1 carrot	2 tablespoonfuls rice or barley
1 small lettuce	1 onion
Small turnip	2 stalks celery
1 teaspoonful salt	3 pints water

Cut the onion, lettuce and celery into small pieces, lay at the bottom of a saucepan, on this place the fowl trussed for boiling, round it place the carrot and turnip just divided. Pour round the water, add the rice or barley, simmer slowly 1½ hours. Lift out the fowl and serve with *velouté* sauce (No. 98). Moisten the flour with a little water, add to broth with salt.

Lift out carrot and turnip, and serve. If a richer soup is required, joint the fowl and boil for $2\frac{1}{2}$ hours in the water before the vegetables are added, then proceed as above.

No. 8.

COTTAGE SOUP

(*Soupe à la Paysanne*).

1 large carrot
1 onion
1 small turnip
1 stalk celery
1 quart stock

Bunch sweet herbs
1 oz. butter
1 oz. flour
Salt
 $\frac{1}{2}$ teaspoonful peppercorns

Slice all the vegetables, fry them in a stewpan with the butter until brown, add the flour, stir and add stock, salt, herbs and peppercorns. Boil $\frac{1}{2}$ hour, rub vegetables through a wire sieve, reheat and serve. A little browning (No. 733) may be added if necessary.

No. 9.

CRESSY SOUP

(*Purée Crécy*).

3 large onions
 $\frac{1}{2}$ doz. good-sized carrots
Bunch sweet herbs
4 cloves
1 blade mace

2 ozs. butter
2 ozs. rice
5 pints stock
Salt
1 teaspoonful peppercorns

Make butter hot in a stewpan, slice onions and fry in butter until brown, then add the stock, carrots sliced, mace, herbs, cloves and peppercorns. Boil gently for about $\frac{3}{4}$ hour, or until vegetables are tender. Pass through a wire sieve and rub through as much of the vegetables as possible; add salt to taste, put back in pan, boil $\frac{1}{2}$ hour to make the soup creamy, then add rice and boil 15 minutes. A few green peas may be added to garnish.

No. 10.

FISH SOUP

(*Soupe au Poisson*).

1 fish about 1 lb.—mackerel or haddock
Some fish bones or skin
2 stalks celery
2 ozs. flour
 $\frac{1}{2}$ teaspoonful peppercorns

$\frac{1}{2}$ pint milk
1 large onion
2 quarts water
1 oz. butter
 $1\frac{1}{2}$ teaspoonfuls salt
A little chopped parsley

Skin and fillet the fish, put the bones, skin, and any other fish trimmings into a saucepan with 2 quarts of cold water and the salt; bring to the boil and skim thoroughly, add celery, pepper-

corns, and onions; boil for $1\frac{1}{4}$ hours; pass through a sieve. Melt butter in a pan, add the flour, stir till smooth, then add milk; allow this to boil 3 or 4 minutes, then add soup and a little minced parsley if liked, also the fillets of fish cut in small pieces; boil 8 or 10 minutes, and serve.



BOWL, SIEVE AND CLOTH. ARRANGED FOR CLEARING
SOUPS AND JELLIES.

GAME SOUP

No. 11.

(*Soupe au Gibier*).

Game bones fresh or cooked	Bunch sweet herbs
$1\frac{1}{2}$ ozs. butter	2 quarts brown stock
1 onion	4 whites of eggs
1 carrot	$\frac{3}{4}$ lbs. raw meat
$\frac{1}{2}$ head celery	Salt
1 small turnip	$\frac{1}{2}$ lb. cold game
$\frac{1}{2}$ teaspoonful peppercorns	Savoury custard (No. 53).

Heat the butter in a stewpan, add all the vegetables and fry brown, add the peppercorns, herbs, game bones, and stock; simmer slowly 2 hours: strain and when cold remove the fat; put back into a stewpan with the whites of eggs whipped up with a little of the stock, beef finely shredded and seasoning. Bring slowly to the boil, cover the pan and allow it to stand 15 minutes. Place a linen towel over a wire sieve (*see* Plate No. 11); pour through a little boiling water, then pour through the soup, repeating this until the soup is quite clear. Reheat and garnish with the cooked game cut in strips or rounds, also with the savoury custard

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No. 9.



Size, 5-in. diameter, 2 $\frac{3}{4}$ -in. high, 10-in. long over all. Gas consumption, 9 cubic feet per hour.

PRICE 1/6.

This is a first-class burner in every respect, and will boil 1 quart of water in a light kettle in 10 minutes.

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An efficient flue is absolutely necessary for all instantaneous water heaters, whatever their construction.

GIBLET SOUP

No. 12.

(*Soupe aux Abatis*).

2 sets of giblets
½ small head of celery
Blade of mace
Bunch sweet herbs
½ small Savoy cabbage
Juice of ½ lemon
1 teaspoonful peppercorns
2 ozs. flour

1 large onion
1 large carrot
1 small turnip
A few sprigs parsley
Bay leaf
2 quarts stock or water
Salt
2 oz. butter
A little browning

Clean and trim the giblets thoroughly, drop them into boiling water for a minute, lift them out into cold water to blanch them. Put the butter into a saucepan with all the vegetables sliced, the herbs, &c.; fry five minutes; then add flour, stock and giblets; bring to the boil and skim; simmer slowly 2 hours, or until the giblets are tender, pour through a hair sieve, rub through as much as possible, put back into the saucepan, add salt, reheat, and serve. A glass of sherry may be added if liked.

No. 13.

GRAVY SOUP (Clear)

(*Soupe Printanière*).

2 lbs. shin beef
2 sprigs parsley
A bunch sweet herbs
Whites and shells of 2 eggs
½ lb. lean gravy beef
1 teaspoonful salt

1 large carrot
1 small turnip
1 bay leaf
1 teaspoonful peppercorns
3 pints water
1 stalk celery

Cut the shin of beef up into small pieces, removing all the fat; put into a pan with the cold water and the salt; bring slowly to the boil, and skim thoroughly; add the vegetables cut up, and the onion whole, which must first be browned with the skin on; also herbs, parsley, bay leaf and peppercorns. Simmer very slowly for 4 hours, strain when cold, and remove the fat; then add the whites and shells of 2 eggs, the lean beef finely shredded, both beaten together in ¼ pint cold water. Place the soup over a gentle heat, and whisk until it comes to the boil; allow the scum which rises to boil up to the top of the saucepan; then cover the pan and draw away from the heat; allow to stand 10 minutes. Place a linen towel over a wire sieve (see plate No. 11); pour through a pan of boiling water, then pour through the soup, and if not quite clear, pour through the towel again. A little more seasoning may be added if required, also a glass of wine if liked; also throw in some mixed vegetables, cut in thin strips or rounds according to taste; these should be cooked till tender in a separate saucepan of boiling water containing a little salt. Some green peas and pieces of cauliflower may also be added.

HARE SOUP

No. 14.

(*Soupe de Lièvre*).

1 small hare
1 small head celery
1 oz. arrowroot
A blade of mace
3 or 4 cloves
1 teaspoonful peppercorns
2½ quarts water
2 onions

1 large carrot
3 ozs. butter
A few sprigs parsley
Bunch sweet herbs
½ pint port wine
2½ teaspoonfuls salt
Force meat balls (No. 54).

Skin, clean, and divide the hare into small joints. Heat the butter in a pan and fry in it the vegetables (sliced) until brown, then add water, peppercorns, herbs, and hare; simmer gently until the hare is tender, 1½ to 2 hours, skimming it thoroughly; then remove the hare and take off the best pieces, put back the remainder and the bones, and simmer 1½ hours longer; pour through a fine sieve, rubbing through as much of the pulp as possible; moisten arrowroot with water, add to soup, boil up and add salt, port wine, force meat balls, and pieces of hare; reheat, and serve.

No. 15.

HARICOT SOUP

(*Soupe aux Haricots*).

1 pint haricot beans
1 small carrot
1 teaspoonful peppercorns
1 pint milk
2 quarts water

1 large onion
1 blade mace
1 stalk celery
1 good teaspoonful salt

Soak the beans in plenty of cold water over-night, drain, put them into two quarts of cold water, bring gently to the boil, add onion, mace, celery, peppercorns, and carrot, simmer till the beans are tender; remove carrot, rub beans through a wire sieve with a wooden spoon, pour back into saucepan, add the milk and salt, also a little finely-minced parsley, if liked.

No. 16.

HARICOT PURÉE

(*Soupe Purée de Haricots*).

Recipe same as for Haricot soup (No. 15), using 1½ quarts only of water, and ¼ pint cream instead of the milk. The Purée to be reheated and poured to the cream in tureen on serving.

HOUSE-WIFE SOUP

(Soupe à la bonne femme).

2 oz. butter
2 onions
1 leek
 $\frac{1}{2}$ a small cabbage
 $1\frac{1}{2}$ quarts stock
2 potatoes

Salt
 $\frac{1}{2}$ teaspoonful sugar
 $1\frac{1}{2}$ ozs. flour
1 handful sorrel leaves
Pepper and nutmeg

Heat the butter in a stewpan, and fry in it the onions till brown, add leek and cabbage cut up small and fry for 2 or 3 minutes; add stock, potatoes cut small, salt and sugar; simmer for $\frac{1}{2}$ hour; add the flour (moistened with a little water or stock), also the sorrel minced, boil 5 minutes, add pepper and a dust of nutmeg.

No. 18.

JULIENNE SOUP

(Soupe Julienne).

1 good-sized carrot
1 small head celery
 $\frac{1}{2}$ small lettuce
3 pints of good brown stock
Whites of four eggs

1 small turnip
1 small leek
1 small onion
A few leaves of tarragon and chervil
 $\frac{1}{2}$ lb. lean beef

Put the stock into a pan with the eggs beaten and the meat finely shredded, allow it to slowly come to the boil, draw on one side and allow to stand 10 minutes to clear. Place a towel over a sieve (see plate No. 11); pour through some boiling water, then pour through the soup, repeating if necessary, to clear. Cut up the vegetables into fine strips 1 inch long, put the carrots, turnips, leeks, onions, and celery into a little boiling stock, boil until tender, drain and add to soup, add lettuce, tarragon, and chervil, boil 15 minutes, and serve.

No. 19.

KIDNEY SOUP

(Soupe aux Rognons).

4 sheeps' kidneys or
 $\frac{3}{4}$ lb. ox kidney
3 pints good brown stock
(No. 48)
1 small onion
1 carrot

1 turnip
Browning
2 ozs. butter
 $1\frac{1}{2}$ ozs. flour
Pepper
Salt

Cut up the kidneys small, fry very quickly in the butter, remove, add the flour and the vegetables cut up, next add stock and seasoning; simmer gently for 1 hour, skim off the fat, rub through a sieve, add the kidney, simmer $\frac{1}{2}$ hour and serve.

LEEK SOUP

(*Soupe aux Poireaux*).

1 quart stock	1 doz. young leeks
1 oz. butter	Salt
1 oz. flour	½ teaspoonful peppercorns

Wash and slice the leeks, fry lightly with the butter in a stewpan, add the flour, stir, then add stock, salt and peppercorns; boil ½ hour or until leeks become tender.

LENTIL SOUP

(*Soupe Purée de Lentilles*).

½ lb. split lentils	½ pint milk
3 stalks celery	3 pints water
A few sprigs parsley	1 blade mace
1 onion	1 teaspoonful peppercorns
1 oz. butter	1 teaspoonful salt
1 oz. flour	¼ pint cream (if liked)

Wash the lentils thoroughly, put into a saucepan with the 3 pints of cold water, bring slowly to the boil, and skim well; then add celery, parsley, onion, mace, and peppercorns; simmer slowly for 1½ hours. Put the butter into a saucepan and let it get hot, but not brown, add the flour and stir till smooth, add the milk and allow to boil 3 or 4 minutes. Pass the soup through a wire sieve, rubbing as much of the pulp through the sieve with a wooden spoon as possible; add this to the milk, also the salt; reheat and serve. If cream is used this must be put into the tureen. and the soup poured to it.

LOBSTER SOUP

(*Soupe au Homard*).

1 oz. butter	1 teaspoonful lemon juice
½ doz. small onions	1 blade mace
3 pints white stock (No. 51)	½ teaspoonful peppercorns
1 medium-sized lobster	Salt
½ lb. lean ham	¼ pint cream

Heat butter in a stewpan, fry in it the onions sliced, without browning; add stock, lobster shell, ham cut up, mace and peppercorns, bring to the boil, skim well, and boil gently for about 1½ hours; pass through a hair sieve, rubbing through the pulp of onion. Pound the body and spawn of lobster in a mortar until smooth, add this to the stock, also the claws cut in rough pieces, lemon

juice and salt to taste. Reheat and serve, pouring to the cream in tureen. If liked, 1 doz. forcemeat balls (No. 54) may be added before reheating.

No. 23.

MACARONI SOUP

(*Soupe au Macaroni*).

½ lb. macaroni	1 oz. butter
3 ozs. grated parmesan cheese	1 pint milk
3 pints white stock (No. 51)	Salt
1 onion	Pepper

Boil the macaroni in the stock until tender, then remove one-half on to a drainer; simmer the remainder with the onion until very soft, pour and rub the pulp through a wire sieve. Return to stewpan, add butter, milk, salt, pepper, and cheese; reheat, add the drained macaroni cut into $\frac{3}{4}$ inch lengths, and serve with toasted bread or croutons (No. 52).

No. 24.

MULLAGATAWNY SOUP

(*Soupe Mullagatawny*).

Bones of poultry or game	½ lb. cooked fowl or game
½ head celery	1 carrot
Blade of mace	4 cloves
Bunch sweet herbs	1 bay leaf
2 ozs. butter	A few sprigs parsley
1 ½ ozs. flour	3 pints stock
1 good-sized onion	1 small dessertspoonful curry powder

Slice the vegetables, put in a saucepan with half the butter and fry for 10 minutes, then add bones and stock, bring to the boil and skim well; add the herbs, simmer two hours, and pass through a fine hair sieve. Melt the remaining half of the butter in another pan, add curry powder, fry 2 or 3 minutes, add flour and stir until smooth; then add the soup and the fowl or game divided into small pieces, simmer 10 minutes, add seasoning, and serve with boiled Patna rice.

CLEAR MULLAGATAWNY SOUP

No. 25.

(*Soupe Mullagatawny, claire*).

Game or poultry bones	2 bay leaves
2 ozs. butter	A few sprigs parsley
1 onion	Salt
½ head celery	2 ½ quarts white stock
1 carrot	½ lb. raw beef
1 dessertspoonful curry powder	6 whites of eggs
Blade of mace	½ lb. cooked fowl or game
4 cloves	1 tablespoonful grated cocoanut

Heat the butter in a stewpan, fry in it for about 10 minutes the vegetables cut up, then add the curry, stock, mace, cloves, bay

leaves, parsley, bones, and salt; allow this to simmer slowly 2 hours; strain and when cold remove the fat; put into a stewpan with the whites of eggs whipped up in a little of the stock, and the beef shredded finely, bring slowly to the boil, boil up, draw aside and allow to stand 15 minutes. Place linen towel over a wire sieve (plate No. 11); pour through some boiling water, then pour through the soup, and repeat until clear. Reheat and add the cooked game or fowl cut in small pieces, and 1 tablespoonful of unsweetened dessicated or freshly-grated cocoanut. Boiled rice is served with this soup.

No. 26.

MUSHROOM SOUP

(Soupe aux Champignons).

1 lb. mushrooms	1 oz. flour
1 small onion	Salt
2 ozs. butter	$\frac{1}{2}$ teaspoonful peppercorns
3 pints brown stock	$\frac{1}{2}$ pint cream

Skin the mushrooms and slice onion; heat the butter in a stewpan and fry in it the mushrooms and onion for 3 or 4 minutes, lift out some of the smallest mushrooms and set aside; add to the contents of the pan the flour, stock and seasoning, and boil $\frac{1}{2}$ hour or until mushrooms are quite soft; pour through a fine sieve and rub through the pulp; return to pan, add the small mushrooms cut in halves or quarters, boil gently for a few minutes and pour to cream in tureen.

NOTE.—The stems of mushrooms may be used in this soup.

No. 27.

ONION SOUP

(Soupe aux Oignons).

2 ozs. butter	1 teaspoonful sugar
3 large spanish onions	Salt
1 oz. flour	$\frac{1}{2}$ teaspoonful peppercorns
2 quarts stock	1 bay leaf
Yolks of 2 eggs	Bunch parsley

Heat the butter in a stewpan and fry in it the onions (sliced) until brown, add the flour and brown this also; then add stock, sugar, salt, peppercorns, bay leaf and parsley, boil $\frac{3}{4}$ hour, pour through a fine sieve and rub through the pulp; beat up yolks well and place in tureen; boil up the soup and pour over yolks, stirring well. Serve with slices of toast or croutons (No. 52), or with a little grated cheese.

CLEAR OX CHEEK SOUP*(Soupe à la Joue de Bœuf, claire).*

½ head of ox
2 quarts stock
2 carrots
1 large onion
Small piece turnip
Bunch sweet herbs
Bunch parsley

1 stalk celery
A ham bone, if convenient
Salt
½ teaspoonful peppercorns
½ lb. finely shredded lean beef
Whites and shells of 3 eggs

Soak and wash head thoroughly, break up and put in pan with stock cold; bring to boil and skim well; add vegetables cut up small, herbs, ham bone, salt and peppercorns; simmer the whole for 3 hours, strain into a bowl and set aside to cool; remove meat from bones, place in a bowl with a weight upon it to press it firm, when all cold remove every trace of fat from the soup, put in a saucepan with beef and whites and shells of eggs beaten, heat slowly, bring to the boil, cover and allow to stand for 15 minutes; place a clean linen towel over a sieve (plate No. 11), pass through some boiling water, then pour soup through, repeating the process until clear; cut up the pressed meat from cheek into small pieces, put in a pan, add the cleared soup, reheat, sprinkle in a tablespoonful of minced parsley, and serve.

OX TAIL SOUP (Clear)*(Soupe à la Queue de Bœuf, claire).*

2 ox-tails
2 stalks celery or ½ tea-
spoonful celery seed
A few sprigs parsley
A bunch sweet herbs
2 quarts water or stock

2 carrots
1 onion
2 or 3 cloves
1 blade mace
1 ½ teaspoonfuls salt
1 teaspoonful peppercorns

Divide the tails into pieces, put into a pan with the water or stock cold, and the salt; bring slowly to the boil, and skim thoroughly; then add all the remaining ingredients (the vegetables cut up) and simmer slowly 3½ to 4 hours. Lift out the meat, remove fat from soup and pass it through a linen towel placed over a sieve (plate No. 11), if not clear put into a saucepan with the whites and shells of 3 eggs beaten with ¼ pint cold water, whip until it boils, let it stand 10 minutes, then pass through the towel again; add the meat, reheat, and serve with shredded vegetables, such as carrots, turnips, French beans, &c., which must be cooked before they are added to soup.

OX-TAIL SOUP (*Thick*)(*Soupe Purée à la Queue de Bœuf*).

2 ox-tails	1 turnip
1 onion	A bunch sweet herbs
2 ozs. butter	A few sprigs parsley
2 ozs. flour	1 teaspoonful peppercorns
2 quarts water or stock	3 cloves
1 stalk celery, or $\frac{1}{2}$ tea- spoonful celery seeds	1 dessertspoonful mushroom ketchup
2 carrots	

Heat the butter in a saucepan, divide the ox-tails and brown them in the butter; remove, and brown the vegetables, cut up, in the butter; add also the herbs and flour, when brown add the stock, boil up, then add the ox-tail and all the other ingredients; simmer very slowly $3\frac{1}{2}$ to 4 hours, skim off the fat and lift out the meat into the tureen, pass the soup through a wire sieve, rubbing through the vegetables; reheat and pour over the tails. A glass of port may be added if liked.

OYSTER SOUP

(*Soupe aux Huîtres*).

2 doz. oysters, or 3 doz. if small	1 blade mace
2 small whiting	A few drops lemon juice
Bones and skins of one or two soles	Yolks of 2 eggs
3 pints water or light stock	1 onion
$\frac{1}{2}$ pint cream	Bunch herbs and parsley
2 stalks celery	1 teaspoonful white peppercorns
	$1\frac{1}{2}$ ozs. flour
	$1\frac{1}{2}$ ozs. butter

Beard the oysters and remove the tendons, put the soft, fatty part on one side. Put the beards, tendons, and liquid from the oysters into a saucepan with the whiting and vegetables cut up, also other fish trimmings, mace, peppercorns, and water; simmer this slowly 1 hour; pour through a fine hair sieve, rubbing through as much of the pulp of the whiting as possible. Melt the butter in a saucepan, add flour, stir till quite smooth, add soup, boil 5 minutes, add salt, cream, and yolks of eggs beaten together; keep hot, but take care the soup does not boil, or it will curdle. Drop the oysters in for half a minute just to heat them, and serve. If the oysters are large they may be divided.

PARMESAN SOUP

(*Soupe au Parmesan*).

1 quart good white stock	1 carrot
1 teaspoonful peppercorns	1 stick celery
$\frac{1}{4}$ pint cream	2 tablespoonfuls Parmesan cheese
Yolks of 2 eggs	Bunch sweet herbs
1 oz. butter	1 oz. flour
1 blade mace	A bunch parsley
1 teaspoonful salt	Savoury custards
1 onion	

Cut all the vegetables in slices and fry in the butter with herbs, &c., five minutes, add the flour, then the stock; boil 1 hour, rub through a fine sieve, mix the yolks, cream and grated Parmesan together, add to soup, and reheat, but take care it does not boil. Meanwhile prepare savoury custard. 2 eggs, $\frac{1}{4}$ pint stock, 1 tablespoonful Parmesan cheese, pepper, and salt. Boil the cheese in the stock, beat up the eggs with the seasoning, strain the stock to the eggs, pour into some small buttered dariole moulds, stand in a pan of hot water, allowing the water to come within half-an-inch of the top of the moulds, cover the pan and simmer till set, then turn out and allow to cool, divide into dice, put in tureen, and pour over soup.

PARTRIDGE SOUP

(*Soupe de Perdrix*).

Prepare according to recipe for Pigeon Soup (No. 36), using a brace of Partridge instead of the Pigeons.

PEA SOUP

(*Soupe purée de Pois cassés*).

$\frac{3}{4}$ lb. split peas	2 carrots
1 turnip	1 onion
2 quarts water or stock	Salt
2 stalks celery	Pepper
1 tablespoonful mint	Bunch sweet herbs

Soak the peas over night, put $\frac{1}{4}$ lb. of these into a pan with the rest of the ingredients, taking care to cut up the vegetables very fine. The remainder of the peas may be put into a pudding cloth tied up securely, allowing room for the peas to swell; boil the whole slowly $1\frac{1}{2}$ to 2 hours. A piece of beef boiled in this makes it very good, and the beef and pease pudding may be served after the soup.

GREEN PEA SOUP

No. 35

(*Soupe aux Pois Verts*).

- | | |
|---------------------------|--------------------------|
| 1 pint green peas | 1 quart good white stock |
| A good handful spinach | $\frac{1}{4}$ pint cream |
| 1 teaspoonful peppercorns | Yolks of 2 eggs |
| 1 good teaspoonful salt | A sprig of mint |

Have the stock boiling, throw into it $\frac{3}{4}$ pint of peas, the spinach washed and picked, peppercorns and salt; boil 20 minutes, or until tender, rub through a fine wire sieve, boil up, and add cream and yolks; keep hot without boiling, and just before serving add the remainder of the peas, which must be boiled soft in a little stock containing salt.

PIGEON SOUP

No. 36.

(*Soupe de Pigeons*).

- | | |
|----------------------|-----------------------------|
| 1 lb. lean beef | 1 stalk celery |
| 5 pints stock | Bunch sweet herbs |
| 2 pigeons | 1 teaspoonful peppercorns |
| 1 large onion | 1 oz. butter |
| 2 good-sized carrots | 1 oz. flour |
| 1 turnip | 1 tablespoonful lemon juice |
| | Salt |

Cut up the meat into small pieces, put into stewpan with stock cold, also pigeons cut in halves lengthwise, bring to boil and skim well, then add all the vegetables sliced, peppercorns and herbs; boil gently $\frac{3}{4}$ hour, remove pigeons and continue the boiling 1 hour more. Remove breasts from pigeons, cut up into small cubes and set aside; take meat from legs, pound in a mortar till smooth, and rub through a wire sieve. Melt the butter in a pan, add flour, pulp of pigeon legs, stock (strained), breasts of pigeons, lemon juice, and salt to taste. Reheat and serve.

POTATO SOUP

No. 37.

(*Soupe purée de Pommes de Terre*).

- | | |
|----------------------------------|---------------------------------------|
| 1 tablespoonful sago | 3 pints water |
| 1 $\frac{1}{2}$ lbs. of potatoes | 1 $\frac{1}{2}$ ozs. butter |
| 2 small teaspoonfuls salt | 2 or 3 onions |
| $\frac{1}{2}$ pint milk | $\frac{1}{2}$ teaspoonful peppercorns |

Slice potatoes and onion thinly, fry gently in the butter for 5 to 10 minutes without browning them, shaking the stewpan occasionally to prevent sticking; add the water, salt and peppercorns, and boil until vegetables are tender, about 30 minutes; rub through a wire sieve with a wooden spoon; then put back in pan with the milk and sago, and boil 15 minutes. Serve.

NOTE.—The liquid in which meat or ham has been boiled serves very well instead of water for this soup.

RABBIT SOUP

(*Soupe de Lapin*).

1 rabbit	A little ham
2 quarts stock	2 or 3 cloves
1 good-sized carrot	2 ozs. butter
2 or 3 stalks celery	2 ozs. flour
1 good-sized onion	Salt
Bunch sweet herbs	1 glass port wine
½ teaspoonful peppercorns	1 tablespoonful mushroom ketchup

Joint the rabbit, put into a stewpan with stock cold, bring to boil, skim well, add the vegetables cut up, celery, herbs, peppercorns, ham and cloves; simmer gently 1 ½ hours, take out back of rabbit, remove flesh from bones and return bones to pan; continue the simmering 1 hour longer, then pour stock through a fine sieve. Melt the butter in pan, stir to it the flour till smooth, add the stock and stir till it boils; add the salt, wine, and mushroom ketchup, also the flesh from back of rabbit cut in small pieces. Serve with toast, fried sippets of bread, or croutons (No. 52).

SCOTCH BROTH

(*Soupe Écossaise*).

1 lb. neck of mutton	1 teacupful barley
3 pints stock	1 tablespoonful chopped parsley
1 large carrot	1 oz. flour
2 or 3 leeks	Salt
1 turnip	½ teaspoonful peppercorns (in bag)
2 or 3 stalks celery	

Cut up the meat in small pieces and remove the fat; put in a stewpan with stock cold, bring to the boil and skin; add now all the ingredients except parsley and flour, the vegetables cut into small squares; simmer slowly 2 hours, skimming off the fat as it rises. Moisten the flour with a little cold water; add this to the broth, boil up, remove peppercorns, stir in parsley and serve.

SHEEP'S HEAD BROTH

(*Soupe à la Tête de Mouton*).

1 sheep's head, split	1 head celery
3 quarts stock	3 or 4 leeks
3 carrots	2 tablespoonfuls minced parsley
1 turnip	1 teaspoonful peppercorns
¼ lb. barley	Salt

Soak the head over-night in cold water, dry it and remove the brains; put the head into a pan with the stock cold, bring slowly to the boil and skim well; simmer 1 ½ hours, then add carrots and

turnips cut into dice, leeks and celery cut up, peppercorns in a small bag, also the barley; simmer gently for 2 hours, skimming off fat occasionally. About $\frac{1}{2}$ hour before expiration of the time, tie up the brains in a piece of muslin and drop into the broth. When cooked, dish the head with sauce made from brains (see below), add salt and parsley to the broth, also a flour thickening if necessary, and serve.

No. 40a.

BRAIN SAUCE for SHEEP'S HEAD

1 oz. butter	1 tablespoonful minced parsley
Brains, cooked and chopped	1 oz. flour
fine	1 pint broth, strained

Melt the butter, mix with it the flour, add broth, brains, and parsley; stir till mixture boils, then boil three minutes.

No. 41.

SPINACH SOUP

(Soupe aux Épinards).

1 lb. spinach	1 oz. butter
1 teaspoonful salt	1 quart good white stock
$\frac{1}{2}$ tablespoonful peppercorns	A dust of nutmeg
$\frac{1}{2}$ teaspoonful sugar	$\frac{1}{4}$ pint cream
1 oz. flour	

Wash and pick the spinach, throw it into a pan of boiling water, containing the peppercorns, sugar, and salt; boil very quickly ten minutes, or until tender, drain and rub through a fine wire sieve. Melt the butter, stir in flour until smooth, add stock, boil five minutes, pour over spinach, add salt, nutmeg, and cream; reheat without boiling, and serve.

No. 42.

TOMATO SOUP

(Soupe aux Tomates).

$\frac{3}{4}$ tin of tomatoes, or 1 lb. fresh tomatoes	1 teaspoonful salt
1 good-sized carrot	$\frac{1}{3}$ teaspoonful peppercorns
1 $\frac{1}{2}$ ozs. flour	1 onion
1 quart stock	1 $\frac{1}{2}$ ozs. butter

A few drops cochineal to colour if required.

Cut up the vegetables and fry in a saucepan for 10 minutes with the butter, add the flour, stock, tomatoes, peppercorns, and salt. Simmer $\frac{1}{2}$ hour. Rub through a hair sieve with a wooden spoon; boil up, and serve. The cochineal may be dropped in last, enough to give the tomato colour.

TURKISH BROTH

(Soupe à la Turque).

2 lbs. knuckle of veal	1/4 lb. rice
2 quarts stock or water	Salt
2 onions	1/2 teaspoonful peppercorns
1 head celery	1 oz. butter
1 blade mace	1 oz. flour

Break the bones and cut up the veal of the knuckle, add to cold stock in pan, bring to boil and skim, add the vegetables cut up, and the mace, simmer slowly 3 to 4 hours and strain; skim off the fat, put back into pan with seasonings and rice, and simmer about 20 minutes, or until rice is soft. Mix butter and flour very well together, drop into soup, allow to melt, boil up and serve.

TURTLE SOUP

(Soupe Tortue).

1/2 lb. dried turtle	3 cloves
4 quarts good brown stock	Blade of mace
1 large carrot	2 tablespoonfuls arrowroot
1 turnip	2 glasses Madeira
2 onions	A few grains cayenne
Peppercorns	Juice of 1/2 lemon
1/2 head celery	A small quantity of the green fat, or
2 bay leaves	a small tin
Bunch sweet herbs	

Soak the turtle in cold water for 2 days and nights, changing the water about four times. Then put it in a stewpan with the stock, simmer slowly about 8 hours, add the carrots, turnip, onions, celery, bay leaves, herbs, cloves, mace, and peppercorns, and continue the simmering for 2 hours, or until the turtle is cooked. Lift out the turtle, strain the soup, and when cold remove the fat; put soup into a pan with the turtle cut up into small pieces, and the arrowroot moistened with the Madeira. Boil up and add a little cayenne, the lemon juice, and about 1 dozen small pieces of the green fat. Force meat balls (No. 54) may be added if liked.

CLEAR TURTLE SOUP

(Soupe Tortue, claire).

Make as above, and after fat has been removed from the soup, put into a pan with whites of eggs, in the proportion of 3 to each quart, whipped up in a little of the soup. Boil up, cover the pan

and allow it to stand 15 minutes. Put a linen cloth over a wire sieve (plate No 10), pour through some boiling water, then the soup, repeat until clear; add arrowroot first moistened with Madeira, boil, and add lemon juice, cayenne, and green fat.

No. 45.

MOCK TURTLE SOUP

(Soupe fausse Tortue).

1 small onion
A stalk of celery
1 sprig of thyme and majoram
2 sprigs of basil
1 glass sherry
2 ozs. flour
1 teaspoonful salt
 $\frac{1}{4}$ lb. minced ham
1 $\frac{1}{2}$ quarts brown stock

1 small carrot
1 doz. peppercorns
Juice of $\frac{1}{2}$ lemon
1 oz. butter
A few grains cayenne
1 eschalot
About $\frac{1}{2}$ lb. calf's cheek
Forcemeat balls

Put the butter into a stewpan, add the vegetables cut up, also the ham, and fry 10 minutes; add the flour, and when brown add the stock with constant stirring, the calf's cheek, herbs, salt, peppercorns and cayenne; simmer slowly 2 hours; pour through a wire sieve, remove the cheek and rub through the vegetables, &c., with the back of a wooden spoon; cut up the cheek into pieces about $\frac{1}{2}$ inch in diameter, and return to the soup, also add sherry, lemon juice, and some forcemeat balls (No. 54).

No. 46.

VEGETABLE SOUP

(Soupe aux Légumes).

1 potato
2 carrots
1 small turnip
4 leeks
1 parsnip
3 pints stock

$\frac{1}{4}$ cabbage
Salt
 $\frac{1}{2}$ teaspoonful peppercorns
Bunch sweet herbs
1 $\frac{1}{2}$ ozs. sago
1 head celery

Cut up vegetables into small cubes, slice the leeks, put into pan with stock, herbs and peppercorns (in a small bag). Boil 1 hour, then add the sago, stir and boil 5 minutes, or until sago becomes clear; add salt and serve.

VENISON SOUP

(*Soupe de Venaison*).

2½ lbs. breast of venison	1 teaspoonful peppercorns
¼ lb. lean ham	2 ozs. butter
5 pints stock	2 ozs. flour
2 large onions	Salt
2 stalks celery	¼ pint port wine
Bunch sweet herbs	

Cut up all the meat small, put into a stewpan with stock cold, bring to boil and skim well, add vegetables, herbs and peppercorns; simmer the whole gently for about 2½ to 3 hours until the venison is quite tender. Pass through a wire sieve, rubbing through as much meat as possible with a wooden spoon, and remove the fat. Heat butter in pan till brown, brown in it the flour, add to this the soup, add salt to taste, boil up, add port wine and serve.

GOOD BROWN STOCK

(*Bouillon de Bœuf*).

4 lbs. shin of beef	2 quarts water
1 teaspoonful peppercorns	1 large carrot
1 bay leaf	1 onion, browned
Any poultry or game bones	

Cut up the meat into pieces of about 1 in., break up the bones and remove the marrow, cover with the water and bring gently to the boil, skim thoroughly, then add the remaining ingredients and simmer slowly 4 hours; pour through a fine sieve, and when cold remove the fat. The bones, &c., may be boiled down again for cheap soups.

FISH STOCK

(*Bouillon de Poisson*).

2 lbs. plaice or sole bones	1 stalk celery
1 onion	1 teaspoonful peppercorns
3 pints water	1 teaspoonful salt

Break up the bones, put into a pan with the water cold, bring to the boil and skim; add the celery, onion, salt, and peppercorns; simmer slowly two hours, and strain. This may be used in making fish soups or sauces.

HOUSEHOLD STOCK

(*Bouillon de Ménage*).

Bones from cold joint, or fowl bones	1 carrot
1 small turnip	2 quarts water
1 stalk celery	Salt

Put the bones into a saucepan with the water cold, bring to the boil and skim, add the remaining ingredients and any meat trimmings that may be handy; simmer slowly 4 hours, strain and use for any household soup or gravy.

GOOD WHITE STOCK

No. 51.

(*Bouillon de Viande Blanche*).

4 lbs. shin of veal	A fowl or rabbit
1 onion	A few stalks celery
1 blade mace	Any bones from poultry
2 quarts water	

Cut up the meat into small pieces and break up the bones, put into a pan with the water cold and bring slowly to the boil; skim thoroughly, add the remaining ingredients, and simmer 4 hours; pour through a fine sieve, and when cold remove the fat. The bones may be boiled down again for cheap soup.

CROUTONS FOR SOUP

No. 52.

(*Croûtons*).

Cut some bread about $\frac{1}{4}$ in. thick, stamp out in rounds about the size of a shilling. Put about $\frac{1}{4}$ lb. of butter into a saucepan, melt, and pour off the clear portion into a frying-pan, leaving the sediment at the bottom; heat the butter until it turns a light brown, fry the bread a golden colour and drain on soft paper.

SAVOURY CUSTARD FOR SOUP

No. 53.

(*Bouillon aux Oeufs*).

2 eggs	A few drops cochineal
$\frac{1}{2}$ pint good white stock	Pepper, salt and cayenne

Beat the eggs, add stock and seasoning, and pour into some small buttered dariole moulds, stand in a pan of hot water, allowing the water to come within $\frac{1}{2}$ in. of the top of the mould. Cover the pan and simmer slowly until set, turn out, and when cold cut in slices and stamp out in fancy shapes, or cut diamonds. Add to soup. Half of the custard may be coloured with the cochineal.

FORCEMEAT BALLS

(Boulettes au Jambon).

2 tablespoonfuls bread crumbs
1 tablespoonful finely minced
cooked ham
1 tablespoonful minced suet
 $\frac{1}{4}$ tablespoonful grated lemon
rind

1 egg
 $\frac{1}{4}$ teaspoonful sweet herbs
A dust of nutmeg
Cayenne, salt, pepper.

Mix all together with part of the egg beaten, form into small balls, brush over with remainder of egg, and fry in fat or butter a golden brown.

No. 55.

FORCEMEAT BALLS FOR BROWN SOUP

(Boulettes pour Soupe Brune).

3 tablespoonfuls bread crumbs
 $\frac{1}{2}$ teaspoonful minced parsley
 $\frac{1}{4}$ teaspoonful pepper
A little grated lemon rind
1 small egg

1 $\frac{1}{2}$ tablespoonfuls minced suet
 $\frac{1}{2}$ teaspoonful minced sweet herbs
 $\frac{1}{3}$ teaspoonful salt
A dust of ground mace

Beat up the egg and mix the ingredients to a stiff paste, form into balls just large enough to eat at once, roll in flour, and add to soup as described in recipe No. 4.



SAUCES.

TO such a great extent do dishes depend upon the qualities of their Sauces for success, that it is probably correct to rank Sauce-making amongst the very highest branches of the art, and to regard it as, *par excellence*, worthy the most careful study, skill and discrimination on the part of the cook. "Gravy" and "Sauce" are sometimes confounded with one another, but in practice it is perhaps best to limit the term "Gravy" to meat-juice in whatever way obtained and however variously treated, provided it is served thin or only slightly thickened (*see* No 232). Of Sauces proper there exists a vast variety, and the greatest care should be employed in selecting for each dish its appropriate Sauce.

The marked superiority of French Sauces is in many cases due to the prolonged cooking which they undergo; the mistake is too often made in this country of hurrying the preparation, not giving time for the flour to cook thoroughly, the flavours to become properly blended and the sauce to assume its perfect condition of velvety smoothness. The direction sometimes given never to allow a Sauce to boil, though occasionally perhaps a matter of taste, must on the whole be considered erroneous, except when eggs are used.

In the kitchens of high-class clubs, hotels, &c., it is usual to keep foundation sauces from which an almost endless variety may be prepared. This method, while possessing great advantages, is obviously unsuited to the ordinary small household, therefore the directions here given are separate and distinct for each Sauce. Care should always be taken to add seasonings discreetly.

For such delicate work as is involved in making Sauces and Gravies, the small burners on the **GAS COOKING RANGE** are admirably adapted. To be enabled to stir the contents of a pan for any length of time without discomfort, and to have the amount of heat under absolute control, are *desiderata* which need only be mentioned to be appreciated. The remarks made under Soups (Page 3) apply with equal force and truth to Sauces.

SAUCES.

No. 56.

ANCHOVY SAUCE

(*Sauce aux Anchois*).

2 ozs. butter	A little cayenne
1 ½ ozs. flour	¾ pint milk
3 anchovies or two dessert- spoonfuls anchovy essence	2 tablespoonfuls cream
	A few drops of lemon juice

Melt the butter, stir in the flour, add milk, boil up, pass through a fine strainer, add seasoning, lemon juice, cream, anchovies pounded, or the essence, reheat and serve.

No. 57.

APPLE SAUCE

(*Sauce aux Pommes*).

1 lb. apples	2 teaspoonfuls sugar
¼ oz. butter	2 tablespoonfuls water

Pare, core, and cut the apples in slices, put into an enamelled pan with the water, boil until soft, add the butter and sugar, rub the pulp through a sieve, reheat, and serve in a tureen.

No. 58.

ARROWROOT SAUCE

(*Sauce Arrow-root*).

1 dessertspoonful arrowroot	½ pint milk or water
1 tablespoonful sugar	A little flavouring

Mix the arrowroot with a little of the milk cold, add the remainder boiling, pour back into the saucepan with the sugar, and boil four minutes; add one tablespoonful of brandy or sherry, or any flavouring preferred.

BÉCHAMEL SAUCE

(*Sauce Béchamel*).

1 oz. butter
1 oz. flour
 $\frac{1}{2}$ pint milk
 $\frac{1}{4}$ pint cream

Bunch sweet herbs
1 small onion
Salt

Melt the butter, stir in the flour, add the milk, onion, herbs, and salt; simmer 10 minutes, pass through a fine sieve, and stir in cream.

BERNESE SAUCE

(*Sauce Bêarnaise*).

1 eschalot minced
 $\frac{1}{4}$ pint vinegar
 $\frac{1}{2}$ teaspoonful peppercorns
1 oz. butter

Tarragon
3 yolks of egg
Salt
Bunch sweet herbs

Put the peppercorns, crushed and tied up, into a saucepan with the vinegar, tarragon, eschalot and herbs, boil down to half the quantity, strain, add the yolks of eggs, stand in a pan of hot water and stir until thick, then lift out and gradually add 1 oz. of the butter; put the pan back into the hot water and stir until well thickened, remove and add the remainder of the butter gradually, stirring very quickly with a wood spoon.

BRANDY SAUCE

(*Sauce à l'Eau de Vie*).

1 oz. butter
2 tablespoonfuls sugar
A little lemon rind, thinly
peeled

1 oz. flour
 $\frac{1}{2}$ pint milk
1 glass brandy

Melt the butter in an enamelled pan, stir in flour, add milk, sugar, and lemon rind and stir until smooth; boil 5 minutes, add the brandy, reheat, and strain into a tureen.

BREAD SAUCE

(*Sauce au Pain*).

4 ozs. bread crumbs
1 small onion
 $\frac{1}{3}$ teaspoonful salt
A dust of cayenne

$\frac{1}{2}$ pint milk
 $\frac{1}{4}$ pint cream
 $\frac{1}{4}$ teaspoonful pepper

Simmer the onion in the milk 15 minutes, strain the milk over the crumbs, add the cream and seasoning, reheat, and serve with fowl, game, &c. The cream may be omitted and $\frac{1}{4}$ pint more milk used.

BUTTER SAUCE

(*Sauce au Beurre*).

2½ ozs. butter
1 oz. flour
A dust of nutmeg

½ pint cold water
Juice of ½ lemon
Salt

Melt 1½ ozs. of the butter in a pan, stir in the flour, add the water, salt, and nutmeg, bring to boil, stirring constantly, pass through a sieve, put into a pan and add, little by little, the remaining oz. of butter.

CAPER SAUCE

(*Sauce aux Câpres*).

½ pint white sauce (No. 98)
Salt

1 dessertspoonful capers
1 tablespoonful vinegar from capers

Make the above sauce, add the capers, whole or chopped, add the vinegar, a little salt, reheat, and serve with boiled mutton.

CELERY SAUCE

(*Sauce aux Céleris*).

2 ozs. butter
1½ ozs. flour
Salt and pepper

2 small heads celery
¾ pint veal stock
2 tablespoonfuls of cream

Cut the celery in small pieces, drop it into boiling water containing a little salt, allow to remain in the water for a few minutes, drain off the water, put celery into a saucepan with the veal stock, and boil until it is quite soft; melt the butter in a saucepan, stir in the flour, add the stock strained from the celery, the seasoning, boil up, pass through a fine sieve, stir in the celery and cream, reheat, but do not allow it to boil. Serve with fowl, &c., either poured over or in a tureen.

CHERRY SAUCE

(*Sauce aux Cerises*).

½ lb. cherries
A few drops cochineal
1 dessertspoonful arrowroot

2 ozs. sugar
½ pint water

Boil the sugar and water 10 minutes, drop in the cherries and boil until tender, rub through a hair sieve, add a few drops of cochineal if required, the arrowroot moistened with a little water, boil 3 minutes, and serve.

CHESTNUT SAUCE

(Sauce aux Marrons).

1 doz. chestnuts
½ pint milk

Salt, pepper
2 tablespoonfuls cream

Roast the chestnuts, take off the skins and pound with the cream, pepper and salt, add gradually the milk boiling, put into a saucepan, reheat and serve with fowls, &c., either poured over or in a tureen.

DUTCH SAUCE

(Sauce Hollandaise).

3 yolks of eggs
4 ozs. butter
Salt
Little grated nutmeg

1 oz. flour
½ pint cold water
Juice of small lemon

Put into a pan the yolks of eggs, flour, and half the butter, warm and mix, add the cold water, bring just to the boil, stirring constantly, strain and add the remainder of butter, lemon juice, salt, and nutmeg.

EGG SAUCE

(Sauce aux Oeufs).

1 hard boiled egg
¼ pint stock
½ teaspoonful salt
1 oz. butter

1 oz. flour
¼ pint milk
¼ teaspoonful pepper
A dust of cayenne

Put butter and flour into a saucepan, and when melted and mixed add the stock, milk, and seasoning, stir until quite smooth, boil up, add the egg minced, and serve. If for fish, the stock should be made from the bones and trimmings of the fish (*see* No. 49).

GERMAN EGG SAUCE

(Sauce aux Oeufs à l'Allemande).

1 egg
1 dessertspoonful sugar

¼ pint sherry
A strip of lemon peel

Put all into a basin, the sherry slightly warm, place the basin over a pan of warm water, whip briskly 10 minutes, or until the sauce is quite a froth; take care it does not get too hot, or it will curdle. Serve at once.

No. 71.

FENNEL SAUCE

(*Sauce Fenouil*).

Make as Parsley Sauce (No. 88), using Fennel instead of Parsley. The Fennel must be scalded, picked, and chopped.

No. 72.

GERMAN SAUCE

(*Sauce Allemande*).

½ pint veloute sauce (No. 98)	½ pint white stock
4 tablespoonfuls juice from	Salt
bottled mushrooms	2 yolks of eggs

Put all into a saucepan, except the eggs, and boil gently for 5 minutes, stir in the yolks of eggs, and strain.

No. 72a.

GREEN SAUCE

(*Sauce verte*).

2 tablespoonfuls chervil	1 hard-boiled yolk of egg
2 teaspoonfuls chive	Salt
6 tablespoonfuls salad oil	Pepper
3 tablespoonfuls vinegar	Mustard

Rub the yolk of egg through a wire sieve, put in a bowl, add mustard, salt, pepper, and vinegar, stir and add the oil, and the chervil and chive finely minced; mix well. This sauce may be served with cold meat, boiled fish, or calf's head.

No. 73.

GRILL SAUCE

(*Sauce pour Grillades*).

1 oz. butter	½ pint good stock or gravy
1 teaspoonful made mustard	½ oz. flour
1 teaspoonful lemon juice	½ dessertspoonful capers chopped
A little cayenne	Salt, pepper
A little grated lemon rind	Small piece minced onion

Melt the butter, add the flour and stock, bring to boil, add the remaining ingredients, simmer slowly 10 minutes. Serve over grill or in tureen.

No. 74.

HARD SAUCE

(*Sauce dure*).

$\frac{1}{4}$ lb. fresh butter
4 ozs. castor sugar

2 tablespoonfuls sherry or brandy
2 ozs. sweet almonds

Beat the butter and sugar to a cream, add brandy or sherry, and almonds blanched and finely minced; serve in a heap; the almonds may be omitted if preferred.

No. 75.

HORSE-RADISH SAUCE

(*Sauce Raifort*).

$\frac{1}{4}$ pint cream
1 teaspoonful sugar

1 tablespoonful vinegar
1 horse-radish

Grate the horse-radish; pour over it the cream, sugar, and vinegar.

No. 76.

ITALIAN SAUCE

(*Sauce Italienne*).

1 small onion
1 oz. butter
3 or 4 mushrooms, chopped
 $\frac{1}{2}$ pint gravy
 $\frac{1}{4}$ pint white wine

2 truffles, minced
1 teaspoonful parsley, minced
Pepper
Cayenne

Chop the onions and fry lightly in the butter, also the mushrooms; add the gravy and wine, boil well, add truffles, parsley, pepper, and cayenne, and serve.

No. 77.

LEMON SAUCE

(*Sauce au Citron*).

$\frac{1}{2}$ lb. lump sugar
Juice of 3 lemons
A dust of salt

$\frac{1}{4}$ pint water
1 teaspoonful arrowroot

Boil the sugar and water together 5 minutes; moisten the arrowroot with a little cold water and add to the sugar, add the lemon juice, boil up, and cook 6 minutes.

No. 78.

LOBSTER SAUCE

(*Sauce Homard*).

Make as for oyster sauce (No. 87), adding 2 ozs. of minced lobster to each $\frac{1}{2}$ pint, instead of the oysters.

No. 79.

MAÎTRE D'HÔTEL BUTTER

(*Beurre à la Maître d'Hôtel*).

2 ozs. butter
2 dessertspoonfuls parsley

A few drops lemon juice
Salt and pepper

Pick the parsley carefully, mince finely, and mix thoroughly with the butter, seasonings and lemon juice. Serve in pats with grills, fish, &c.

No. 80.

MAÎTRE D'HOTEL SAUCE

(*Sauce Maître d'Hôtel*).

2 ozs. butter
Salt and pepper

2 teaspoonfuls minced parsley
Lemon juice

Melt the butter, stir in the parsley, seasoning, and a few drops of lemon juice. Serve over cutlets, &c., or in a tureen.

No. 81.

MARMALADE SAUCE

(*Sauce à la Marmelade*).

1 tablespoonful marmalade
2 tablespoonfuls brown sugar

$\frac{1}{4}$ pint water

Boil the sugar and water 10 minutes, stir in the marmalade and serve.

No. 82.

MA YONNAISE SAUCE

(*Sauce Mayonnaise*).

$\frac{1}{2}$ pint salad oil
1 dessertspoonful vinegar
Yolk of 1 egg (raw)
A few drops lemon juice

$\frac{1}{4}$ teaspoonful mustard
Salt and pepper
A dust of cayenne

Put the yolk into a basin; add the mustard, pepper, salt, and cayenne; then the salad oil, drop by drop, stirring it quickly the whole time; then add vinegar and lemon juice, and the sauce is ready. The sauce should be kept quite stiff. Should the sauce curdle, it may be brought to its original state by dropping to it another yolk of egg.

No. 83.

MELTED BUTTER SAUCE

(*Sauce au Beurre fondu*).

3 ozs. butter
Salt and pepper, or sugar
and flavouring essence

½ pint milk or water
1 oz. flour

Melt the butter, stir in the flour, add the milk or water, and bring to the boil; add the pepper and salt if for a savoury, sugar and essence if for a sweet.

No. 84.

MINT SAUCE

(*Sauce Menthe*).

3 tablespoonfuls chopped
mint

½ pint vinegar
2 tablespoonfuls sugar

Put the sugar into a tureen, pour over the vinegar, leave this to stand an hour or two—just before it is sent to table add the mint, which should be chopped just when it is required.

No. 85.

ONION SAUCE

(*Sauce aux Oignons*).

4 or 6 small onions or
3 large Spanish
1 oz. butter

½ pint milk
½ oz. flour
Salt and pepper

Boil the onions until soft in water containing a little salt, strain and chop finely, or rub through a sieve. Melt the butter in a saucepan, add flour, milk and seasoning; boil up, then add the onions. Serve with boiled rabbit or roast mutton.

No. 86.

ORANGE SAUCE

(*Sauce à l'Orange*).

Juice of 2 oranges
Rind of ½ lemon
Rind of ½ orange

2 tablespoonfuls brown sugar
¼ pint water

Put all into a pan and boil 10 minutes, pass through a fine sieve, and serve.

OYSTER SAUCE

(*Sauce aux Huîtres*).

$\frac{1}{4}$ pint milk	$\frac{1}{4}$ pint stock
$\frac{1}{4}$ pint cream	A dust of cayenne
$\frac{1}{2}$ score oysters	A few drops of lemon juice
1 oz. flour	1 oz. butter

Beard the oysters, put the beards with the liquid and enough water to make $\frac{1}{2}$ pint, into a pan, simmer slowly 10 minutes; put the butter and flour into a saucepan, and when melted and mixed add milk and stock from oyster beards, stir until quite smooth, boil up and cook six minutes; add the seasonings, lemon juice, and cream, strain and add the oysters (which must first be dropped into boiling water for half a minute), divided into halves or quarters according to size. On no account must the sauce be boiled after the oysters are added.

No. 88.

PARSLEY SAUCE

(*Sauce Persil*).

1 oz. butter	$\frac{1}{2}$ pint milk, or more
$\frac{1}{2}$ teaspoonful salt	$\frac{1}{4}$ teaspoonful pepper
A dust of cayenne	1 dessertspoonful minced parsley
1 oz. flour	

Melt the butter in a saucepan, stir in flour, add the milk and seasonings, stir until quite smooth, boil up, mince the parsley very finely and stir into sauce.

COLD PARSLEY SAUCE

No. 89.

(*Sauce Persil froide*).

Handful of parsley	2 ozs. stale bread
4 tablespoonfuls stock	Pepper
4 tablespoonfuls vinegar	Salt

Soak the bread in water. squeeze dry, then pound it with the parsley in a mortar, rub through a hair sieve, add vinegar, stock, salt and pepper. Serve with cold meat.

No. 90.

PIQUANT SAUCE

(*Sauce piquante*).

$\frac{1}{2}$ pint brown stock	1 dessertspoonful parsley
$\frac{1}{4}$ pint vinegar	Salt
2 eschalots	Pepper
1 oz. flour	1 onion
1 oz. butter	A little tarragon

Boil the tarragon, one eschalot, and half of the onion in the vinegar for 5 minutes; heat the butter, brown in it the flour, add the stock, also the remainder of the onion, eschalot and parsley finely minced; boil up, add seasoning, and the vinegar strained. Cold meat may be sliced and warmed in this sauce.

No. 91.

RASPBERRY SAUCE

(*Sauce aux Framboises*).

2 tablespoonfuls raspberry
jam

2 tablespoonfuls brown sugar
 $\frac{1}{4}$ pint water

Boil these all together for 10 minutes, pass through a hair sieve. If fresh fruit is in season, half a pint of raspberries may be used instead of the jam.

No. 92.

COLD RAVIGOTE SAUCE

(*Sauce Ravigote froide*).

$\frac{1}{2}$ pint mayonnaise (No. 82)
1 tablespoonful minced parsley

1 eschalot minced
1 dessertspoonful tarragon minced

Add the above to the mayonnaise sauce and serve cold.

No. 93.

HOT RAVIGOTE SAUCE

(*Sauce Ravigote chaude*).

1 oz. butter
1 oz. flour
 $\frac{3}{4}$ pint white stock
1 tablespoonful olive oil
2 teaspoonfuls made mustard

2 eschalots minced
Parsley
6 peppercorns
1 tablespoonful tarragon

Melt the butter, stir in the flour, add the stock and boil, add the eschalots, a few sprigs of parsley, and peppercorns, cook 15 minutes, strain, add the oil and mustard, and lastly, 1 tablespoonful of parsley and tarragon minced.

No. 94.

ROBERT SAUCE

(*Sauce Robert*).

Bunch sweet herbs
2 small onions, sliced
1 oz. flour
 $\frac{1}{2}$ teaspoonful salt
 $\frac{1}{4}$ teaspoonful pepper
1 teaspoonful French mustard

$\frac{1}{2}$ pint brown stock
2 tablespoonfuls vinegar
1 $\frac{1}{2}$ ozs. butter
2 mushrooms
2 teaspoonfuls anchovy essence
1 small tomato

Heat the butter in a saucepan, fry in it the onions and herbs till brown, stir in flour, add stock and remaining ingredients, boil up and cook gently 30 or 40 minutes; pass through a hair sieve, and reheat.

No. 95.

SHRIMP SAUCE

(*Sauce aux Crevettes*).

Make as for oyster sauce (No. 87), adding $\frac{1}{4}$ pint picked shrimps to each $\frac{1}{2}$ -pint instead of the oysters.

No. 96.

SPANISH SAUCE

(*Sauce Espagnole*).

1 oz. butter
1 oz. flour
1 carrot
Pepper and salt
2 or 3 mushrooms

Piece celery
1 onion
Bunch sweet herbs.
1 pint good brown stock

Slice the vegetables and fry in the butter, add the flour and stock, salt, herbs and pepper, boil up and cook for 15 minutes; pass through a fine sieve.

No. 97.

TOMATO SAUCE

(*Sauce Tomate*).

$\frac{3}{4}$ lb. tomatoes, or half tin
 $\frac{1}{2}$ onion
 $\frac{1}{2}$ pint stock or water
A few drops cochineal
 $\frac{1}{2}$ teaspoonful salt

$\frac{1}{2}$ carrot
2 ozs. butter
1 oz. flour
Pepper

Put the butter into a pan with carrot and onion, cut up, fry for 10 minutes, add the flour, stock, seasonings and tomatoes, bring to boil, simmer slowly 30 minutes, pass through a hair sieve, rubbing as much of the pulp through as possible; reheat and serve. If necessary, a few drops of cochineal may be added to bring up the colour.

No. 98.

VELOUTE SAUCE

(*Sauce Velouté*).

2 ozs. flour
2 ozs. butter
Pepper, salt
A little lemon juice

1 pint of good white stock, made
from veal or fowl
Cream

Melt the butter, stir to it the flour, then add stock, salt, and pepper, stir until it boils and cook 10 minutes; add a few drops of lemon juice; pass through a fine sieve, and reduce to the required thickness with cream.

No. 99.

WHITE SAUCE (for Puddings)

(*Sauce Blanche pour les Poudings*).

1 oz. flour
 $\frac{1}{2}$ pint milk
1 oz. butter

2 dessertspoonfuls sugar
A few drops of flavouring essence.

Melt butter in a saucepan, stir in flour, add milk and sugar, stir till smooth, boil up, cook 6 minutes, add essence, and strain.

No. 100.

WHITE SAUCE for Vegetables

(*Sauce Blanche pour les Légumes*).

1 oz. butter
 $\frac{1}{2}$ pint milk
 $\frac{1}{2}$ teaspoonful salt

1 oz. flour
A little pepper

Melt butter in a saucepan, stir in flour, add milk and seasonings, stir till smooth, boil up, cook six minutes and strain.

No. 101.

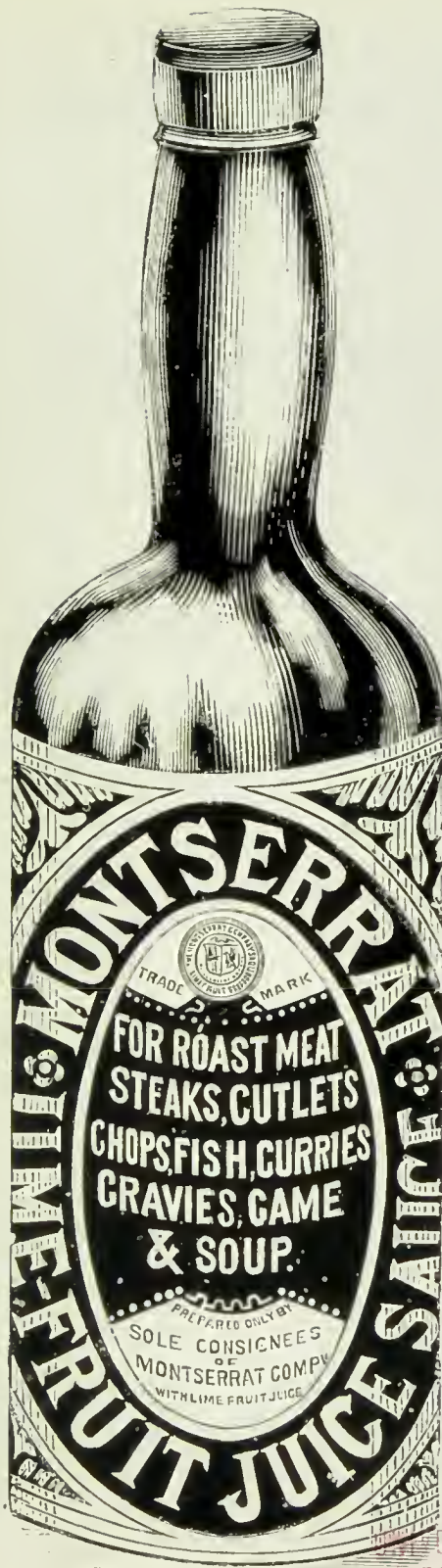
WINE SAUCE

(*Sauce au Vin*).

$\frac{1}{2}$ pint white sauce (No. 99)
1 $\frac{1}{2}$ ozs. castor sugar

A little grated lemon rind
1 glass Madeira or sherry

Make the white sauce rather thick, add the castor sugar, grated lemon rind, and lastly the wine.



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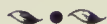
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FISH.

IT is of the utmost importance from all points of view that Fish for table use should be as fresh as possible. The chief points to note in this connection are that the gills should be red, the eyes bright and prominent, and the flesh firm, so that it does not "pit" on pressure with the finger.

Many and wholly inadequate causes have conspired to assign relative positions in the scale of merit to the principal varieties of Fish. On this important subject, it may be sufficient to remark that price and rarity are no correct indications of value; that a great deal depends on freshness, and on the manner of cooking; that individual likes and dislikes should be allowed free play; and that no reliance whatever can be placed upon ancient traditions as to the origin, habits, or food of certain kinds of fish.

The different Flat-fish are treated of separately in the recipes, but Cod has been made to do duty for the large family to which it belongs; all the recipes given for Cod applying equally to Ling, Hake, Coalfish, &c. With regard to Hake considerable uncertainty exists, several varieties being sold in the public markets under this name. One of these, the Silver Hake, is the true Hake, and when fresh is thought by many to be superior to Cod in flavour, but the others, known variously as Salmon Hake, Rock Salmon, Coalfish and Pollack, are markedly inferior.

Fish should in all cases be thoroughly cleaned. To accomplish this, if not already done by the fishmonger, open the fish right

down with scissors, remove the gills and all the viscera, well scrape the backbone and wash with plenty of running water. It may be kept on ice till required for use, but must not be allowed to soak in water after cleaning. Certain fish, chiefly Smelts and Red Mullet, are usually dressed in this country without being drawn, but Dubois directs that both these fish should be drawn by the gills, thus leaving only the liver. The reason sometimes given for not drawing the Red Mullet is that it is extremely delicate in its feeding, but this is not the case, and Whiting, which live exclusively on the fry of other fish, are always drawn and skinned. Nearly all fish are scaled, but some fresh-water fish are merely wiped with a cloth; Salmon are scaled or not, according to individual preference, though the leading authorities seem to favour the former; Red Mullet are scaled by fishmongers to prevent the colour fading. Small Flat-fish are usually skinned on one side only, but it is an improvement to skin both sides.

As to the ways of cooking an old authority has wisely observed that with perfectly fresh fish the simplest method is the best; this is particularly true of large fish, especially if desired whole. When a large fish is to be boiled whole it should be put into cold water containing about a dessertspoonful of salt to each quart, lemon juice being often added to keep the flesh white; Sole, Skate and Mackerel should be put into boiling water. Soyer's test for boiled fish is a wooden skewer; if it goes easily through the thickest part, the fish is cooked. Salted fish, such as Cod, Ling, and Saithe, should be soaked in water for at least twelve hours before boiling. Any fresh fish which can be boiled, may, with advantage, be steamed. Grilling, a very useful and favourite way of cooking fish, is specially applicable to the smaller kinds, or to fish steaks; full directions are given in the recipes.

FRYING.

Of all methods of cooking fish, that of frying is the most universal. It can be carried out in two ways, one requiring a frying pan with a little butter or fat, and the other necessitating the use of the "Bath of Fat," in which the fish is wholly submerged and cooked on all sides at the same time.

The kind of fat used in the bath does not matter much, provided it is well clarified to begin with, and strained from time to time.

Lard, Mutton Fat, and Hugon's Refined Beet Suet are the most useful animal fats, whilst among the oils, Olive and Cottonseed are the most frequently employed. Whatever kind of fat is used, it must be heated slowly until the surface is quite still and a bluish vapour can be seen rising from it. A good test is to throw in a small piece of bread, it will quickly brown if the fat is hot enough. This is the smoking-hot fat mentioned in the recipes.

Fish may be prepared for frying in the following principal ways:—

- 1.—Dry, dust with flour, brush over with beaten egg, and roll in bread crumbs.
- 2.—Dry and dip in a frying batter
- 3.—Dry, dip in milk and roll in flour.

Probably the most delicate of these methods is the last, but the first gives the best appearance. For both it is a great advantage to use the frying basket, but it is not used with a batter.

Arrange in the basket the articles to be fried, and then plunge the whole into the fat. Shake about occasionally as the frying progresses, lift out when done, drain a few minutes by holding the basket over the pan, remove the articles, *and dry them well* on soft paper or a cloth. The bath of fat, not only provides the best means of frying, but is also very economical, as the same fat can be used over and over again.

Other ways of cooking fish, not calling for special mention here, are given in the recipes.

All the various methods of cooking fish may be carried out with the greatest facility and exactitude by the use of the GAS COOKING RANGE. In the processes of boiling and baking the heat can be regulated to maintain gentle cooking, thus insuring the best results, and preventing the fish breaking away from the bones.

The GAS GRILL will be found an excellent apparatus for grilling fish; the distance between the radiating surface and the grilling tin being readily diminished or increased, renders it capable of perfect adaptation to the requirements of fillets, steaks, or whole fish.

In conclusion, I cannot do better than give the opinion of Urbain Dubois (Author of "Cookery of all Countries,") that "large fish should be either boiled or braized; if boiled, they should be dished on a serviette, garnished with a little parsley, and served with plain boiled or steamed potatoes as their natural companions."

Each fish, he considers, should be served with its most suitable sauce; as Lobster, Prawn, or Shrimp Sauce with Turbot; Parsley Sauce and Cucumber Salad with Salmon; Oyster Sauce with Cod; Egg, Parsley, or Gooseberry Sauce with Whiting or with Mackerel, though Fennel Sauce is best with the latter. Braized fish should have rich sauces and handsome garnishes of smaller fish, truffles, mushrooms, &c. He would serve Anchovy Sauce with fried, and of course Gravies with stuffed and baked fish.



FISH.

No. 102.

BRILL

(*Barbue*).

This fish may be boiled and served with Lobster Sauce (No. 78), as for Turbot (No. 168), or it may be stuffed and baked as Plaice (No. 149).

No. 103.

CARP

(*Carpe*).

This fish may be prepared, stuffed, and baked as Haddock (No. 118); a little Port may be added to the gravy.

No. 104.

COD (*with Bechamel Sauce*)

(*Cabillaud à la Béchamel*).

1 lb. cod cooked | Bechamel Sauce (No. 59)

Put the cod in the oven, covered, to heat, remove skin and bone, flake it, pile in a dish and cover with the sauce.

No. 105.

COD (*Dutch Fashion*)

(*Cabillaud à la Hollandaise*).

2 or 3 cod steaks | 3 ozs. butter
Salt and pepper | 2 tablespoonfuls parsley, minced

Put into a saucepan with enough water to cover, and a little salt; simmer 15 to 20 minutes. Lift out, drain, dish, and garnish with boiled potatoes cut in halves; pour over the whole the butter melted and mixed with the minced parsley.

BOILED COD

No. 106

(*Tronçon de Cabillaud*).

Have the fish well cleaned and salted inside for an hour or so before cooking. Put on a drainer in a fish kettle and pour round enough cold water to cover it, adding 1 teaspoonful salt to each quart, and a few drops of lemon juice. Simmer slowly allowing about 10 minutes to each pound of fish, but the time depends somewhat on the thickness, if very thick a little longer should be allowed. Lift out, drain, dish, and garnish with parsley and cut lemon (*See plate below*). Serve with it parsley, oyster, shrimp, or lobster sauce.

NOTE.--The head and shoulders are often used for this dish.



BOILED COD.

No. 107.

COD STEAKS (*with Tomato Purée*)

(*Tranches de Cabillaud à la Purée de Tomates*).

2 cod steaks about 1 inch thick
½ lb. tomatoes
¼ pint stock
Salt, pepper, and cayenne
1 oz. butter

½ oz. flour
A slice of onion
A blade of mace
Lemon juice

Wipe the fish dry, sprinkle with salt and lemon juice and a little pepper on the under side; lay on a buttered plate, put another buttered plate over, set on the top of a saucepan of boiling water, and steam in this way for half-an-hour, or until the fish begins to leave the bones, then lift on a towel to drain. Meanwhile, heat the butter and fry in it the tomatoes and onions sliced, add the flour, mace, and seasonings, ¼ pint of stock, and simmer gently 15 minutes; add liquid from the fish, rub through a fine hair sieve, adding a little more stock if too thick; reheat and pour over the fish, coating it entirely, and serve.

COD STEAKS (*Dressed and Baked*)
(*Tranches de Cabillaud garnies*).

2 or 3 cod steaks
Salt and pepper
1 eschalot minced
2 mushrooms, medium size

½ pint veloute sauce (No. 98)
1 teaspoonful mustard
1 oz. grated Parmesan cheese

Dry the steaks, season with pepper and salt, and sprinkle with the eschalot and mushroom minced; roll each steak in buttered note paper, place in a buttered tin and bake 15 minutes. Prepare the sauce, add the mustard and cheese, and any liquid from the cod. Dish the steaks, garnish them with lemon and serve the sauce round or in a tureen.

DRESSED CRAB
(*Crabes garnies*).

A little made mustard
2 tablespoonfuls vinegar

Salt, pepper, and cayenne
1 large crab, or 2 small ones

From a cooked crab remove the creamy part, crack the claws, take out the white meat, and mix this with the creamy part, add



DRESSED CRAB.

vinegar, mustard, salt, pepper, and cayenne. Dish on a lace paper and garnish with parsley, hard boiled yolk of egg, and lobster coral (See plate No. 109).

STEWED EELS

(*Anguilles à la Poulette*).

2 or 3 eels	½ pint white stock
2 tablespoonfuls cream	1 small onion
A little lemon juice	Bunch of sweet herbs
Pepper, salt, and cayenne	A blade of mace
1 oz. butter	1 oz. flour
A bunch of parsley	½ teaspoonful peppercorns

Skin and divide the eels into pieces about 2 inches long, put them into a pan with the stock, onion, herbs, mace, parsley, lemon juice, and peppercorns; bring to the boil, skim, and allow to simmer 15 minutes, lift out the eels to drain. Meanwhile, melt the butter, stir in flour until smooth, add liquid from eels, and boil 5 minutes; add cream and strain over the eels, which should be piled in the centre of a dish.

No. 111.

STEWED EELS (*Brown*)

(*Ragoût d'Anguilles*).

Prepare as No. 110, only use a good brown stock for cooking eels, and when making sauce, brown the butter, then the flour, and add ½ oz. glaze.

No. 112.

BAKED FILLETS OF FISH

(*Filets de Poisson étuvés*).

1 plaice	Pepper
Butter	Lemon juice
Salt	

Fillet the plaice and skin it, lay the fillets flat on the board, season and sprinkle with lemon juice, fold in half, put in a greased baking tin, cover with buttered paper and bake about 10 minutes. Lift on to a hot dish, placing one fillet against the other. Pour over *maître d'hôtel* sauce (No. 10).

FISH CAKES

(*Gâteaux de Poisson*).

1 lb. mashed potatoes.
 $\frac{1}{2}$ lb. cold cooked fish (minced)
 $\frac{1}{2}$ oz. butter
 Salt and pepper

1 tablespoonful minced parsley
 1 egg
 3 ozs. bread crumbs

Put potatoes in a bowl, add fish, salt, pepper, and parsley, stir up and add the butter melted, and about 2 teaspoonfuls of the beaten egg; mix well together, form into balls with floured hands, flatten into cakes $\frac{1}{2}$ -inch thick with a knife; brush over with beaten egg, roll in the bread crumbs and fry to a nice light brown in enough smoking-hot fat to cover them. Dish as plate No. 113.



FISH CAKES.

CURRIED FISH

(*Poisson au Kari*).

2 lbs. cod or other fish
 1 onion
 $\frac{1}{2}$ pint stock
 1 teaspoonful lemon juice
 2 ozs. butter

1 oz. flour
 $\frac{1}{2}$ tablespoonful curry powder
 Salt
 A dust of sugar
 1 tablespoonful cocoanut

Fry the fish in the butter, remove it, then fry the onion brown; add the curry and fry slightly, then add cocoanut, stock, sugar, and salt, and boil 15 minutes; divide the fish into large flakes, add to curry, and boil 5 minutes, then add lemon juice.

FRIED FISH (*French Fashion*)

No. 115.

(*Poisson frit à la Française*.)

Wash and thoroughly dry the fish, dip in a little milk, then roll in flour, drop into smoking-hot fat, fry until brown and crisp. Drain and serve on lace paper.

No. 116.

GURNET

(*Grondin*).

Clean and trim the gurnet, leave on the head, boil it in plenty of water, in which a teaspoonful of salt to each quart is added, allow 10 minutes to each pound. Lift out, drain, dish, and garnish with parsley. Serve parsley sauce (No. 88) in a tureen.

BAKED GURNET

No. 117.

(*Grondin étuvé*).

Clean and prepare, leaving on the head, stuff, bake, and serve as Baked Haddock (No. 118).

BAKED HADDOCK

No. 118.

(*Aigrefin étuvé*).

1 haddock, about 1½ lbs.
1 tablespoonful minced suet
A pinch sweet herbs
¼ teaspoonful pepper
⅓ teaspoonful salt

1 teaspoonful minced parsley
1 small egg
2 tablespoonfuls breadcrumbs
1 oz. butter
Brown breadcrumbs
¼ pint stock or water

Clean, scrape, and wash the fish; make a forcemeat with the rest of the ingredients, except the butter, put this inside the fish



BAKED HADDOCK.

and sew up to keep in place. Lay in a well-greased dripping tin, pour round the stock, and put on top the butter in small pieces; bake 20 to 30 minutes. On dishing, sprinkle over the fish the brown bread crumbs. Serve and pour gravy round. (See plate No. 118).

No. 119.

BOILED HADDOCK

(Aigrefin bouilli).

Clean the haddock and sprinkle with salt inside, drop into plenty of boiling water with 1 teaspoonful of salt to each quart, and allow 10 to 20 minutes to each fish according to size. Serve with parsley sauce (No. 88).

No. 120.

DRIED HADDOCK

(Merluche).

1 haddock | 1 oz. butter

Put the haddock into a dripping tin or basin, cover it with boiling water and let it stand 10 minutes. Lift out of dish and place the butter here and there on the top.

No. 121.

DRIED HADDOCK AND POACHED EGGS

(Merluche aux Oeufs pochés).

Prepare haddock, as No. 120, dish with the butter, then serve on top two or three poached eggs (No. 197).

No. 122.

BOILED HALIBUT

(Flétan bouilli).

Put on a drainer and cover with boiling water containing 1 teaspoonful salt to each quart; boil slowly, allowing about 10 minutes to each pound of fish, drain, dish, and garnish; serve with lobster, shrimp, or parsley sauce.

No. 123.

HALIBUT STEAK (with Black Butter)

(Tranche de Flétan au Beurre Noir).

1 lb. halibut | 2 ozs. butter
Seasoning, a few drops lemon juice.

Grease a dripping tin, put in it the fish, cut in steaks about ½ in. thick, cover with buttered paper and bake about 15 minutes. Lift on to a dish, heat the remainder of the butter in a saucepan until it turns a dark brown, add seasoning and lemon juice, pour over the fish and serve.

No. 124.

PICKLED HERRINGS

(*Harengs à la Marinade*).

Same as pickled mackerel (No. 137).

JOHN DORY

No. 125.

(*Saint-pierre*).

This fish should be cleaned in the usual way, and may be boiled, drained, dished on a napkin, garnished with lemon and parsley, and served with caper, shrimp, lobster, anchovy or plain sauces. It may also be stewed in a little white wine, and served with Italian sauce (No. 76).

KEDGEREE

No. 126.

(*Panade de Poisson au Riz*).

1 lb. cooked fish
2 hard boiled eggs
Salt, pepper, cayenne and parsley

¼ lb. Patna rice
2 ozs. butter

Wash the rice and boil until tender, mince the fish, removing all bones, mince the white of eggs, put all into a saucepan, with butter and seasoning; stir over the fire until heated through. pile in the centre of a dish, rub the yolk of egg through a wire sieve on the top, sprinkle with chopped parsley and serve.

No. 127.

KIPPERS

(*Harengs boucanes*).

Cook the same way as dried haddock (No. 120), allowing half the time.

No. 128.

LING

(*Lingue*).

This fish may be prepared and cooked as cod, and served with the same sauces.

No. 129.

LOBSTER

(*Homard*).

Take a cooked lobster, remove the large claws and crack them, chop open the body and tail, arrange this down the centre of a dish, garnish with the claws and parsley.

LOBSTER CORNETS

No. 130.

(*Cornets au Homard*)

$\frac{1}{2}$ lb. minced lobster, cold
veal, or chicken
 $1\frac{1}{2}$ ozs. butter
 $1\frac{1}{2}$ ozs. flour
 $\frac{1}{4}$ pint good white stock
(No. 51)

$\frac{1}{4}$ pint milk or cream
 $\frac{1}{2}$ teaspoonful lemon juice
A little salt, pepper, and cayenne
Some French puff pastry (No. 23)
Minced parsley

Roll out the pastry as thin as possible about 16 inches long, cut into strips 1 inch wide, wet the right hand side of each strip and roll on some buttered cornet moulds (*see* Advt.), commencing at the thin end of the moulds, and allow the wetted edge to fold



FORMING SLIPPERS OR CORNETS

over the under-layer of pastry each time (*see* Plate) finish the top neatly, put on a baking sheet, brush over the top of each with a little beaten egg; bake in a hot oven about 10 minutes. Meanwhile melt the butter in a pan, stir in the flour and add the milk; stir until it boils and is thick and smooth, then add lobster, veal, or chicken, salt, pepper, cayenne, and lemon juice; reheat, and put the mixture into a bag with a plain forcing tube (*see* Advt.); remove the moulds from pastry cases, and fill each with the mixture; garnish alternately with lobster coral and parsley, dish in a ring, and serve hot or cold.

LOBSTER CUTLETS

(Côtelettes au Homard).

1 fine lobster, or 1 tin of lobster
 1½ ozs. butter
 ¼ pint milk
 1 teaspoonful lemon juice
 Salt
 A few grains cayenne

1 egg
 1½ ozs. flour
 1 tablespoonful cream
 Pepper
 ¼ lb. white bread crumbs
 Some fat for frying

If fresh lobster is used remove the meat from the shell, reserving the claws and feelers for garnishing. Mince the lobster; put the butter into a saucepan, and when melted add flour, mix and add the milk, boil 3 minutes, then add the cream, lemon juice, pepper, salt, and cayenne; mix thoroughly and add the lobster, spread this on a large dinner-plate and allow it to cool. When cool and firm, divide into 12 equal parts, form these into the shape of a mutton cutlet with a knife (*see* Plate No. 131), beat up the egg, and brush over



FORMING LOBSTER CUTLETS.

with it each cutlet, then roll in the bread crumbs; put them into a wire frying basket and fry a light brown in enough smoking-hot fat to cover them. Drain on soft paper. Stick into the thin end of each about an inch of the feeler or of the stem of parsley. Dish in a ring on a folded serviette or lace paper and garnish with parsley

LOBSTER SOUFFLÉ

(*Soufflé de Homard*).

3 ozs. flour
Yolk of one egg
1 oz. butter

1 teaspoonful anchovy essence
Water

Rub the butter into the flour; add to the yolk the anchovy and a little water, with this mix the flour into a stiff paste, roll out as thinly as possible, butter some cutlet moulds, and line with the pastry. Then prepare mixture as follows:—



LOBSTER CUTLETS.

No. 132a.

SOUFFLE MIXTURE

(*Mélange pour le Soufflé*).

2 ozs. minced lobster
1 yolk and 2 whites of egg
½ teaspoonful anchovy essence
Pepper, salt, and cayenne

1 oz. flour
1 oz. butter
¼ pint milk or cream
½ teaspoonful lemon juice

Melt the butter and stir in the flour until quite smooth, add the milk, stir until it boils and is well thickened, then add the flavourings, yolk of egg and lobster, and the white whipped to a very stiff froth; stir in very lightly, fill the cutlet moulds, and place on each a little piece of butter; bake 15 minutes, lift carefully out and dish like cutlets on lace paper, garnishing the centre with parsley.

BAKED MACKEREL

(*Macquereaux étuvés*).

2 tablespoonfuls vinegar		¼ pint brown stock
1 teaspoonful minced parsley		

Clean the mackerel, cut crosswise a few times down each side of the fish, season with salt and pepper. Pour round stock and vinegar, cover with greased paper, bake 15 to 20 minutes; dish the fish, add to gravy the parsley minced, and pour over.

BOILED MACKEREL

(*Macquereaux bouillis*).

Clean, sprinkle inside with salt, boil as haddock (No. 119). Serve with parsley sauce (No. 88).

GRILLED MACKEREL

(*Macquereaux grillés*).

Clean the fish, cut them down the back, remove the bone, place on a grid in dripping tin, sprinkle with salt, pepper, and little pieces of butter, put under gas grill and cook 8 minutes. Serve with *maître d'hôtel* sauce (No. 80).

MACKEREL (*with Onions*)

(*Macquereaux aux petits Oignons*).

2 large or 4 small mackerel		½ pint stock
2 doz. small onions		½ oz. flour
Pinch of sugar		Salt and pepper
¼ lb. butter		Vinegar, or 1 glass white wine

Put 1 oz. of the butter into a pan, add the onions and sugar, fry brown, add the stock and simmer slowly until three parts cooked, then remove onions. Take off the heads of the mackerel and divide each fish in half, fry in 2 ozs. of the butter, season them, pour over the wine and stock and boil until mackerel are cooked. Lift out, add to the sauce the onions and a piece of butter and the flour worked together, cook 5 minutes. Dish the fish, garnish with the onions, and pour over sauce.

PICKLED MACKEREL

(*Macquereaux à la Marinade*).

½ doz. small mackerel
3 or 4 bay leaves
4 cloves
1 teaspoonful peppercorns

1 pint brown vinegar
Fennel, thyme and parsley
Salt and pepper

Fillet the mackerel, wash and dry, sprinkle with fennel, thyme and parsley minced, salt and pepper, put into a dish with a little butter, and bake; boil the vinegar with the bay leaf and cloves 10 minutes; stir in a little of the Liebig Company's Extract of Meat; when cold, strain over the fish, also cold. Allow to stand 3 or 4 hours.

BAKED RED MULLET

(*Rougets étuvés*).

Wipe the mullets and cut them crosswise. Season with salt, pepper, and chopped parsley, place in a baking tin, cover with buttered paper, and bake them in a moderate oven. Dish and serve plain or with *maitre d'hôtel* butter. These fish may be seasoned as above, and baked in cases made of buttered note-paper.

MUSSELS (with Butter)

(*Moules au Beurre*).

1 onion
1 eschalot
1 oz. butter
Parsley

1 quart mussels
¼ pint white wine
1 teaspoonful flour

Well wash the mussels; chop up the onion and eschalot, fry in a deep pan with ½ oz. butter, put in the mussels, heat and toss them until the shells open, remove and place them on a dish. Pour away part of liquid and add the wine or a little vinegar, work ½ oz. butter and the flour together, drop into sauce, boil 5 minutes, add 1 teaspoonful minced parsley, season and serve with mussels.

MUSSELS (with Dutch Sauce)

(*Moules, Sauce Hollandaise*).

Steam the mussels in a pan for 10 minutes, remove from the shells and proceed as for oysters (No. 141).

OYSTERS (*with Dutch Sauce*)

(*Huitres, Sauce Hollandaise*).

2 doz. oysters
Juice of $\frac{1}{2}$ lemon
1 oz. butter

Salt and pepper
 $\frac{1}{4}$ pint Dutch sauce
1 teaspoonful minced parsley

Beard the oysters, put into saucepan with their juice, the butter, salt and pepper; simmer 3 minutes, add the sauce and continue to simmer another 2 minutes, add parsley and lemon juice, and serve.

N.B.—On no account must the oysters be allowed to boil.

TO FRY OYSTERS

(*Huitres frites*).

Choose some fine oysters, beard them, drop them in boiling water and leave just a quarter of a minute; drain and dry thoroughly; dip in batter (No. 735), then drop in smoking-hot fat and fry a light brown; drain on kitchen paper. These may be served with bread and butter or round boiled fish, or in the centre of a dish of lobster cutlets.

OYSTER PATTIES

(*Petits pâtés aux Huitres*).

1 score oysters
 $\frac{1}{2}$ lb. puff pastry (623)
 $\frac{1}{2}$ pint cream, single
A pinch of salt
A dust of cayenne

1 oz. flour
1 oz. butter
 $\frac{1}{4}$ teaspoonful pepper
A dust of nutmeg

Remove the beards from the oysters and stew them in their liquor, which must be strained through a fine piece of muslin or a sieve; melt the butter in a saucepan, stir in the flour, add the cream, two tablespoonfuls of the liquor from the beards and all the seasonings; simmer slowly four or five minutes; drop the oysters into boiling water and allow to remain about half a minute but on no account allow the water to boil; strain, and divide each into two or four, according to size; stir into the sauce, and fill the patty cases with the mixture, prepared as for chicken patties (No. 355). Enough for 1 dozen patties.

OYSTER RISsoles

(Rissoles aux Huîtres).

$\frac{1}{2}$ oz. flour
 $\frac{3}{8}$ pint liquor from oysters
 $\frac{1}{4}$ pint good cream
 $\frac{1}{2}$ oz. butter
 1 doz. oysters

1 egg
 White bread crumbs
 6 ozs. short pastry (No. 653)
 A very little salt, pepper, and cayenne
 Fat for frying

Beard the oysters, and stew the beards 10 minutes in the liquor. Melt the butter in a small saucepan, add the flour, stir till smooth, then strain in the liquor from beards; boil well and add cream and seasoning; heat, but do not boil after adding cream. Drop oysters into boiling water, leave $\frac{1}{4}$ minute, take out, mince, and add to sauce, turn the whole out on to a plate and allow to cool and set. Roll out the pastry as thinly as possible, and cut in rounds or squares about $2\frac{1}{2}$ inches in diameter; put a small teaspoonful of the mixture on each, damp the edges, fold over (if squares, fold three-corner shape) and fasten well together; beat up the egg, well brush over with it the rissoles, roll in the crumbs, place in frying-basket and fry in hot fat 2 or 3 minutes, or until they are a nice light brown. It may be necessary to turn them, as they often float on the fat. Garnish with parsley and lemon.

SCALLOPED OYSTERS

(Coquilles d'Huîtres).

1 score oysters and their liquor
 1 oz. butter
 1 oz. flour
 A few tablespoonfuls cream

Salt
 Pepper
 Cayenne
 Brown bread crumbs

Beard the oysters; strain the liquor, and stew the beards in the liquor for 10 minutes. Melt the butter in a pan, stir into it the flour, then add a little salt, pepper, cayenne and the liquor from the beards; boil 3 minutes and add just enough cream to nicely thicken the sauce. Drop the oysters into boiling water, let them remain about $\frac{1}{4}$ minute, then drain and stir them into sauce. Butter some scallop tins, fill with the mixture, cover with brown bread crumbs mixed with a little butter, and bake 3 or 4 minutes in a medium oven. On no account must the oysters be allowed to boil.

PERCH

(*Perches*).

These may be cooked and served in the same way as trout (No. 167).

BAKED PIKE

(*Brochels éluvés*).

Prepare, stuff, cook, and serve as baked haddock (No. 118).

PLAICE OR FLUKE (*Filleted*)

(*Filets de Plie ou de Carrelet*).

Cut the plaice down the centre of the back and gently raise the fillets, keeping the knife close to the bone (*see* Sole No. 162). Lay the fillet with skin downwards, raise the fish from the skin at the tail end, hold the skin in the left hand and slip the knife between the fish and the skin and lift off the fillet; dip in beaten egg and roll in bread crumbs; fry in smoking-hot fat, drain and serve on a lace paper. Garnish with parsley and lemon. Or the fillets may be dipped in milk and rolled in flour (*see* No. 115), or dipped in batter (No. 735) instead of using egg and bread crumbs.

STUFFED PLAICE OR FLUKE

(*Plie ou Carrelet, farci*).

1 plaice
1 teaspoonful minced parsley
1 egg, or a little milk
A dust of nutmeg
½ pint brown stock
4 tablespoonfuls bread crumbs

2 tablespoonfuls minced suet
½ teaspoonful salt.
¼ teaspoonful pepper.
A dust of cayenne
Brown bread crumbs

Remove the brown skin from the plaice, cut down the centre of the fish as for filleting; raise the fillets to the fins, but do not remove them; prepare the forcemeat of above ingredients, mixing it all together with the egg; lay this under each of the fillets, lay the fish in a dripping tin, and pour round the stock; bake 20 to 30 minutes, according to size. Dish, and strain over the gravy, which must be nicely seasoned; serve hot, sprinkling over with the brown crumbs. Only one side of the fish is stuffed.

BOILED SALMON

(*Saumon bouilli*).

Have the fish well washed and cleaned, place in a fish kettle on a drainer, cover with boiling water containing 1 teaspoonful salt to each quart; boil slowly until tender, allowing about 7 to 10 minutes to each pound. When done lift out and drain. Dish and garnish with parsley, lemon and cucumber. Serve with it parsley sauce.

No. 151.

MAYONNAISE OF SALMON

(*Mayonnaise de Saumon*).

Scale and clean the fish, put it into plenty of boiling water containing a little salt and lemon, boil gently, allowing 8 to 10 minutes to each pound according to the size of fish; lift out to drain, remove the skin. and when cold cover entirely with



MAYONNAISE OF SALMON.

mayonnaise sauce (No. 82). Dish on a block of aspic jelly, or chopped aspic (No. 589); garnish prettily with cucumber, tomatoes, lobster coral, hard boiled eggs, or any green salad. Salmon steaks may be steamed and dressed when cold in the same way; also trout.

SALMON STEAKS (with Bernese Sauce)

(Tranches de Saumon Grillées à la Béarnaise).

Two salmon steaks. Bernese sauce (No. 60). Butter or salad oil. Wipe the salmon, place on the grid in dripping tin, season with pepper and salt, put a little butter on each or dip in salad oil. Put under gas grill and cook about 10 minutes, turning when one side is done. Dish, garnish with parsley and serve bernese sauce in a tureen.

SALMON STEAKS (with Cucumber)

(Tranches de Saumon au Concombre).

2 or 3 salmon steaks about 1
inch thick
 $\frac{1}{4}$ pint good brown stock
1 dessertspoonful of tarragon
vinegar

Salt, pepper, cayenne, and lemon
juice
1 oz. butter
2 or 3 inches cucumber
A little minced tarragon and chervil
or parsley

Wipe the steaks dry, sprinkle with pepper, salt, and lemon juice, lay in a buttered tin, pour round the stock, cover with buttered paper, bake 20 minutes; when done remove on to a hot dish; strain the gravy into a pan add the vinegar, and stir in the butter; add seasoning, chopped tarragon and chervil or parsley, pour over and round the steaks. Cut the cucumber in small shreds about 1 inch long, season with vinegar, salt, and pepper, put a pile on each steak, and serve.

SHRIMP CROQUETTES

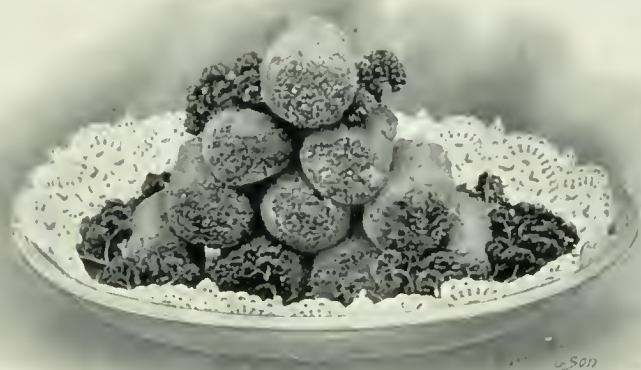
(Croquettes de Crevettes).

$\frac{1}{2}$ pint picked shrimps
 $\frac{1}{4}$ pint stock
2 or 3 tablespoonfuls cream
2 ozs. butter
2 ozs. flour

1 egg
White bread crumbs
A little lemon juice
A little salt, pepper, and cayenne
Fat for frying

Melt butter in saucepan, add the flour, stir till smooth, add stock and boil well, then add seasonings, cream, and shrimps slightly minced, and spread out on a plate to cool and set; when

firm, form in pieces about the size and shape of a large bottle-cork, brush over with the egg beaten, roll in the crumbs, place in frying basket and fry in smoking-hot fat; lift out, drain, serve on lace paper or a serviette, and garnish with parsley and lemon.



SHRIMP CROQUETTES.

No. 155.

SHRIMPS (with Mayonnaise)

(Crevettes à la Mayonnaise).

½ pint picked shrimps
2 tablespoonfuls mayonnaise
sauce (No. 82).
A few grains cayenne
½ pint aspic jelly (No. 589)
A good bunch watercress

A little lobster coral
Minced parsley
Some thin rounds of bread and
butter, about 3 inches long
and 1½ inches wide

Put the shrimps into a basin, add to them the mayonnaise, one tablespoonful of liquid aspic, and a little cayenne; mix together, and pile some in the centre of each round of bread and butter, sprinkle alternately with coral and chopped parsley. Arrange round the edge of a dish the aspic (chopped), then the pieces of bread resting one against another, fill the centre with watercress or any other green, and serve.

No. 156.

SHRIMP PATTIES

(Petits Pâtés aux Crevettes).

¼ pint picked shrimps
1 oz. butter
1 oz. flour
Salt, pepper
¼ pint stock

¼ pint cream
½ lb. puff pastry (No. 623)
2 whites of egg
½ teaspoonful lemon juice

Roll out the pastry to $\frac{1}{4}$ inch thick, stamp into rounds 3 inches in diameter with either a plain or fancy cutter, then take a plain cutter about 2 inches in diameter, and press half-way through each round. Bake 15 to 20 minutes in a hot oven; when done remove the centres and fill with the shrimp mixture. To prepare this, melt the butter, mix with it the flour, then add the stock, salt, pepper, lemon juice, and boil up. Now stir in the cream and shrimps, reheat, put into a forcing bag with plain tube (*see* Advt.) and fill the patties. Whip up the whites of egg until stiff, add a little salt and pepper, put into a forcing bag with plain tube and decorate the top. Place in a warm oven until a nice brown. Serve hot.

No. 157.

POTTED SHRIMPS

(*Conserve de Crevettes*).

Shrimps
Cayenne
Pepper
Butter

Nutmeg
Salt
Powdered mace

Pick the shrimps, season with the above seasonings to taste, put in pots with a little butter in each. Bake in a hot oven 8 or 10 minutes, when cold cover with more butter melted.

No. 158.

DRESSED SKATE

(*Raie garnie*).

2 lbs. skate
2 onions
Bunch sweet herbs
1 oz. butter

1 oz. flour
 $\frac{3}{4}$ pint stock
1 teaspoonful lemon juice
Salt and pepper
1 glass white wine (if liked)

Cut the skate in pieces; put fins and skin in a stewpan with the stock cold, bring to boil and skim; add onions sliced and herbs, simmer $\frac{1}{2}$ hour and strain. Heat butter in pan, brown in it the flour, add stock, pieces of skate, lemon juice and seasoning, simmer about $\frac{1}{4}$ hour, or until skate is cooked. Dish skate, add wine to sauce and strain over.

FILLETS OF SKATE

(*Filets de Raie*).

½ doz. fillets of skate about 4 inches long, 2 inches wide, and 1 inch thick	3 ozs. bread crumbs
1 teaspoonful minced parsley	1 egg
	Fat for frying
	Salt and pepper

Wash and dry the fillets, brush over with the egg beaten, roll in the bread crumbs seasoned with the salt, pepper, and parsley. Fry to a light brown in enough smoking-hot fat to cover them. Serve with the following gravy:—

1 oz. butter	Salt and pepper
½ small onion	1 dessertspoonful minced parsley
½ oz. flour	1 dessertspoonful mushroom ketchup
½ pint stock	1 dessertspoonful vinegar

Heat the butter till brown, brown in it the onion and flour, add stock, salt and pepper, boil 5 minutes. strain, add parsley, ketchup, and vinegar and serve in tureen.

FRIED SMELTS

(*Éperlans frits*).

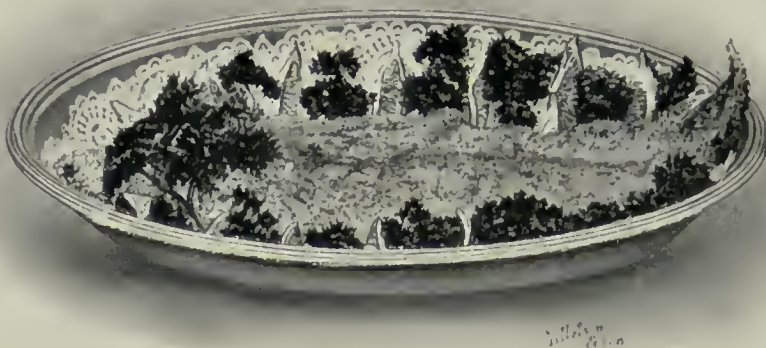
Trim the fins and remove the gills; wipe very dry, roll in flour, then brush over with beaten egg coating entirely; roll in finely-made bread crumbs seasoned with salt and pepper, put into a basket, then immerse in plenty of smoking-hot fat for a few minutes, or until brown and crisp; drain on soft paper, dish on lace paper in a heap, and garnish with fried parsley (No. 749) and cut lemon; serve with lobster or shrimp sauce (Nos. 78 and 95). Smelts make a pretty garnish for many fish dishes, the tails drawn through the eyes, dressed as above and fried.

FRIED SOLES

(*Soles Frites*)

Skin, wash, and dry the fish, dust with flour, brush with

beaten egg, roll in bread crumbs and fry a golden brown in enough smoking-hot fat to cover; drain, dish on a lace paper or serviette, and garnish with lemon and parsley.



FRIED SOLE.

No. 162.

FRIED FILLETS OF SOLE

(Filets de Sole frits).

1 sole
1 egg

3 ozs. bread crumbs
Frying fat

Skin the sole on both sides, cut down the centre of the fish from the head to the tail, and gently raise the fillets, keeping the knife close to the bone (*see* Plate No. 163), wash the fillets and dry thoroughly; cut each fillet into two, and roll up or cut into diamond or other shapes according to taste, roll in flour, brush over each with egg, beaten, roll in the bread crumbs, which must be seasoned with salt and pepper. Have enough fat to cover the fillets, and allow it to heat until it is quite still and smoking; put the fillets into a frying basket, and immerse in the hot fat for four or five minutes, or until they take a nice golden colour; dish in a ring on a lace paper or folded serviette, and decorate with fresh or fried parsley (No. 749).

*FILLETS OF SOLE (with Parmesan)**(Filets de Sole au Parmesan).*

2 lbs. sole
 ½ pint milk
 Small piece onion
 1 blade mace
 1 bay leaf
 Salt and pepper

Lemon juice
 1 oz. butter
 1 oz. flour
 1 oz. grated Parmesan cheese
 Yolks of 2 eggs

Skin and fillet the soles, wash the bones and skin and put them into a stewpan with the milk, onion, mace, bay leaf, salt and pepper, simmer slowly ½ hour; season the fillets with salt, pepper, and lemon juice, fold in half, lay on the bottom of a stewpan and strain over the milk from bones, simmer slowly 10 minutes; lift out the



FILLETING SOLE.

fillets, set aside to drain, keeping them hot; melt the butter in a saucepan, stir in flour, add sufficient of the milk in which the fish has been cooked to make a thickish sauce, boil up and pass through a fine sieve; reheat, add the cheese, and last of all stir in the yolks of eggs. If the sauce is made thick enough the eggs may be omitted.

*STUFFED SOLE**(Sole farcie).*

1 fine sole
 Pepper
 1 teaspoonful minced parsley
 Salt
 A little grated lemon rind
 ¼ pint brown stock or gravy

1 small egg
 2 tablespoonfuls bread crumbs
 1 tablespoonful suet, minced
 1 tablespoonful minced lobster
 or picked shrimps
 ¼ teaspoonful minced herbs

Skin the sole on both sides, and cut down the centre as if filleting ; raise the fillets about 1 inch on each side of the bone, but do not remove them. Make the forcemeat of the above ingredients, all mixed with the egg ; lay this under each fillet, place in a buttered tin, pour round the stock or gravy, and bake 20 minutes, basting occasionally. Dish on a hot dish, strain round the base the gravy, and dust over the fish a few brown bread crumbs. Only one side of the fish is stuffed.

No. 165.

SPRATS

(Sprats).

Take off the heads, wash and dry thoroughly, cover thickly with flour, put in a frying basket and plunge in smoking-hot fat, fry a nice brown, drain, and serve on a lace paper. These may also be baked as mackerel (No. 133).

No. 166.

TENCH

(Tanches).

These may be dressed, cooked, and served as trout (No. 167).

No. 167.

SALMON TROUT (with Dutch Sauce)

(Truite Saumonée, Sauce Hollandaise).

2 or 3 trout
Salt

Dutch sauce (No. 68)
Lemon juice

Wipe and draw trout, but do not scale it, put on a drainer in a fish kettle, sprinkle with lemon juice and salt, cover with water containing salt, bring to the boil and simmer about 20 minutes. Drain, dish on a serviette, and garnish with lemon and parsley. Serve Dutch sauce in a tureen.

No. 168.

BOILED TURBOT

(Turbot bouilli).

Select a medium-sized turbot ; clean and dry it carefully, sprinkle well with lemon juice, put into the turbot kettle and cover with cold water, add about a tablespoonful of salt ; bring to the boil and skim thoroughly, draw on one side and simmer slowly 20 to 40 minutes, according to size ; lift out and drain, dish on a napkin ; garnish the dish alternately with cut lemon and parsley. Serve with lobster sauce (No. 78).

FILLETS OF TURBOT À LA CRÈME

(Filets de Turbot à la Crème).

Clean, dry, and fillet the turbot by cutting it down the centre of the back, then slip the knife between the bone and the fish, raising the fillets; divide the fillets into three or four, according to size; put in a buttered baking tin with a little white stock or white wine, squeeze over a little lemon juice, cover with buttered paper, and bake 20 minutes. Drain, and dish round or down the centre of a dish, resting the fillets against each other, coat with a rich velouté sauce (No. 98) and serve. The remains of a turbot may be warmed and served in the same way.

TURBOT (*Italian Fashion*)

(Turbot à l'Italienne).

1 turbot, 3 to 4 lbs.
Salt, pepper, and cayenne
A dust of sweet herbs
A little lemon juice
A little grated lemon rind

1 tin button mushrooms
1 egg
2 tablespoonfuls bread crumbs
1 doz. oysters

Clean and dry the turbot, cut off fins and tail, cut down the centre of the back from the head to the tail, carefully raise the fillets, cut through the backbone at the head and tail, remove it entirely without breaking the under part of the fish; season well with white pepper, salt, and lemon juice; then mince half the mushrooms, add to them the bread crumbs, sweet herbs, a little grated lemon rind, and seasoning, mix together with the egg; lay this forcemeat inside the fish and close it up neatly, lay in a buttered baking tin, and pour round $\frac{1}{2}$ pint white stock, 2 tablespoonfuls of the mushroom liquid and the liquid from the oysters, also lay in the tin the beads from the oysters. Cover with buttered paper, and bake slowly 40 minutes, basting occasionally; lift out on to a dish, put the liquid into a pan, and warm in it the oysters and remainder of the mushrooms; make Italian sauce (No. 76) with liquid, pour over fish, and garnish the dish with the mushrooms and oysters; serve with more sauce in tureen.

WHITEBAIT*(Whitebail).*

Keep the whitebait on ice until required to be cooked. Dry carefully on a cloth, then place on another dry cloth with some flour. Put into a wire basket and shake off the loose flour. Dip the basket into smoking-hot fat and fry until crisp. Pile up on a hot dish, garnish with fried parsley. Serve with brown bread and butter and cut lemon.

BOILED WHITING*(Merlans bouillis).*

The whiting should be cleaned, skinned, and the tails drawn through the eyes. Drop into boiling water, with 1 teaspoonful of salt to the quart. Boil 10 to 15 minutes. Serve with velouté or parsley sauce (Nos. 98 and 88).

FRIED WHITING*(Merlans frits).*

Clean and skin the whiting, remove the gills and the eyes, dry them thoroughly, and draw the tails through the eyes; roll in flour, brush over with egg and roll in bread crumbs; put into a basket and plunge into enough smoking-hot fat to cover; fry gently 5 minutes to a nice brown; drain on soft paper; dish in a ring on a lace paper or serviette, and garnish with fried parsley (No. 749); serve with parsley or Dutch sauce (No. 68). Or the fish may be dipped in milk, rolled in flour, and fried as above, instead of using egg and bread crumbs.



BREAKFAST DISHES, SAVOURIES, &c.

IT may be taken as a good maxim that dishes for breakfast should be simple, tasty, and capable of being quickly prepared. Taste in respect to these dishes runs in the direction of small and well-seasoned preparations of fish, eggs, kidneys, sausages, ham, brawn, sweetbreads, and various fresh and potted meats, including curries, rissoles, &c.

Savouries are usually served at the close of a dinner, and consist of more or less highly seasoned dishes divided into small portions. Cheese often enters largely into their composition.

Hors d'Œuvres, though not a usual feature in the ordinary household dinner, are now generally to be found on high-class menus. They are very small dishes, usually handed round before the soup, and designed to stimulate the appetite. They may consist of prawns, olives, oysters, anchovies, caviare, &c.

Amongst the recipes given under this heading many will be found suitable both for savouries and breakfast dishes, and some are intended particularly for the supper table; other serviceable recipes are given under the meats from which they are made.

At no period of the day is the great value of the **GAS COOKING RANGE** more fully appreciated than at breakfast time. The grilling arrangement is of especial merit, as by turning over the grilling burners a very few minutes suffice to cook chops, steaks, fish, ham, or bacon, to make toast, or to prepare any required dainty. At the same time, the kettle can be boiled over the top, thus increasing the efficiency of the grill and economising fuel.

Breakfast Dishes, Savouries, &c.

No. 174.

ANCHOVY TOAST

(Rôties aux Anchois).

1 doz. small rounds of toast
1 doz. anchovies

2 ozs. butter
Minced parsley

Remove skins and bones from the anchovies, pound in a mortar, mix with 1 oz. of the butter and $\frac{1}{2}$ teaspoonful parsley. Butter the toast and spread with the anchovy mixture, put in oven for 8 minutes and serve very hot.

No. 175.

BACON OR HAM (with Macaroni)

(Lard ou Jambon au Macaroni).

$\frac{1}{4}$ lb. long macaroni
 $\frac{1}{4}$ lb. bacon or ham

Seasoning
 $\frac{1}{2}$ pint stock or milk

Boil the macaroni in milk or stock until tender, then add bacon cut up small and fried. Mix and turn out into a dish.

No. 176.

BRAINS ON TOAST

(Rôties aux Cervelles).

Sheep's or calf's head
2 ozs. chopped ham

Pepper and salt
2 teaspoonfuls cream

Soak the brains in salt water and remove the fibre. Drop into boiling water and simmer 15 minutes. Lift out and remove the skin, chop up and mix with them the ham, cream, salt and pepper; pile up on buttered toast, sprinkle with brown bread crumbs and minced parsley, and serve.

BREAD STEAKS*(Pain Perdu).*

½ doz. rounds of bread
1 teaspoonful chopped parsley
1 egg

3 ozs. bread crumbs
A little milk
Salt and pepper

Remove the crust from the bread and divide into neat pieces; moisten with the milk; beat up the egg and add to it salt, pepper, sweet herbs, parsley. Dip the pieces of bread in this, then roll in bread crumbs; fry a nice brown in hot butter or fat. Dish in a ring, with fried onions, tomatoes, or mushrooms in the centre.

CANAPÉS OF CAVIARE*(Canapés au Caviar).*

Bread
Caviare

Butter
Lemon juice

Cut some small rounds of bread about 1½ inches in diameter, fry a light brown in a little butter, allow to cool, spread with fresh butter, dust with parsley, put a layer of the caviare, sprinkle with a few drops of lemon juice and serve.

CHEESE BALLS*(Croquettes de Fromage).*

1½ ozs. flour
1½ ozs. butter
Pepper, salt, cayenne, mustard
1 egg

2 ozs. cheese
¼ pint milk
2 ozs. bread crumbs
Some frying fat

Melt the butter in a saucepan, stir in the flour, add the milk, stir well, and boil 3 or 4 minutes; then add the seasonings and the cheese, mix thoroughly, spread on a plate to cool slightly; form into balls about the size of a walnut, brush over with the egg beaten, roll in bread crumbs, place them in a wire frying basket and fry a light brown in enough smoking-hot fat to cover them; drain on soft paper, serve on a folded serviette and garnish with parsley.

CHEESE AND MACARONI

(*Macaroni au Gratin*).

3 ozs. Naples macaroni
1 oz. butter
 $\frac{1}{2}$ oz. flour
 $\frac{3}{4}$ teaspoonful salt
 $\frac{1}{4}$ teaspoonful pepper
 $\frac{1}{4}$ teaspoonful raw mustard

2 ozs. Parmesan cheese, grated, or
3 ozs. any dry cheese
 $\frac{1}{2}$ pint milk
 $\frac{1}{2}$ pint boiling water
A few grains cayenne

Wash the macaroni and break it into pieces 1 inch long, throw into the boiling water with $\frac{1}{2}$ oz. of the butter, boil until tender, about 20 to 30 minutes; melt remaining $\frac{1}{2}$ oz. of butter in a saucepan, stir in the flour, then add the milk, boil 3 or 4 minutes, strain the macaroni and add to the sauce, also half of the cheese, and seasonings; pour into a buttered dish, cover the top with the remainder of the cheese, put in a hot oven to brown, or under a gas grill; serve hot.

No. 181.

CHEESE PATTIES

(*Petits Pâtés au Fromage*).

$\frac{1}{2}$ oz. butter
 $\frac{3}{4}$ oz. flour
2 eggs
Short or puff pastry

2 ozs. cheese grated
 $\frac{1}{4}$ pint milk
Salt and pepper
Cayenne

Line some patty tins with the pastry; melt the butter in a pan, mix with it the flour, then add the milk and boil; add cheese, yolks, salt, pepper, and cayenne; lastly stir in the whites whipped to a stiff froth, fill patty tins and bake about 15 minutes; turn out and serve hot.

No. 182.

CHEESE TOAST

(*Rôties au Fromage*).

1 egg
1 dessertspoonful milk
Buttered toast

2 ozs. cheese
Salt, pepper, cayenne

Beat the egg, put into a saucepan with the milk, cheese, salt, pepper, and cayenne, heat over a gentle gas burner until it just commences to thicken. Have some small rounds of buttered toast ready. Pour over the mixture and serve at once.

CHEESE TURNOVER

(*Rissoles de Fromage*).

2 ozs. cheese	1 tablespoonful milk
1 oz. butter	Salt and pepper
2 yolks and 1 white of egg.	Some scraps of flaky or puff pastry

Melt the butter in a saucepan, add the cheese grated and the eggs beaten with the seasoning, stir over a gentle heat until it thickens, and set aside to cool; roll out the pastry quite thinly, stamp into rounds, put a teaspoonful of this mixture on each round, wet the edges, fold over and press together; put on to a baking tin, brush over with egg, and bake in a quick oven about 10 minutes.

ANOTHER METHOD.—Prepare as above with short pastry, brush over with egg, roll in bread crumbs; fry a nice brown in hot fat.

No. 184.

BAKED EGGS

(*Oeufs au four*).

4 eggs	1 oz. butter
Salt and pepper	

Melt half the butter in a small dish, break into it the eggs, sprinkle with salt and pepper, and put the remainder of butter on top in small pieces. Bake in a moderate oven 6 or 7 minutes, or until set. Serve in the dish.

No. 185.

EGG BASKETS

(*Paniers d'Oeufs garnis*).

3 hard-boiled eggs	2 ozs. mushrooms
1 oz. butter	Salt and pepper

Skin and mince the mushrooms, fry them in the butter, cut the eggs lengthwise, and take out the yolks; mince and mix them with the mushrooms, add seasoning; keep the whites warm; fill with the mushroom mixture; put some stalks of parsley over to represent handles. Dish on toast or cold with a salad.

BOILED EGGS*(Oeufs à la Coque).*

Place the egg or eggs into a saucepan of boiling water, enough to cover them; put on the lid, remove the pan from the gas and leave it 4 or 5 minutes for 1 egg, and a little longer for each additional egg. This is an excellent way to cook eggs for an invalid, as the albumen remains soft, and is very easy of digestion. If they are required quickly, put the eggs into boiling water and boil gently 3½ minutes.

EGGS WITH BLACK BUTTER*(Oeufs au Beurre Noir).*

3 eggs
Salt and pepper

A few drops of lemon juice
1 oz. butter

Butter thickly a pie dish, break in the eggs, sprinkle with salt and pepper. Bake in a slow oven until the white just commences to set. Put the remainder of the butter into a saucepan and heat it until it turns a dark brown; add lemon juice, and quickly pour over the eggs. This will finish cooking them, and they should be served at once.

EGGS WITH CHEESE*(Oeufs au Fromage).*

2 eggs
Salt and pepper

2 ozs. cheese, grated
½ oz. butter

Melt the butter in a pan, break into it the eggs, add half the cheese, salt, and pepper. Stir with a whisk over a brisk fire until it commences to thicken, dish on pieces of buttered toast, sprinkle with remainder of cheese, and brown quickly with a salamander, or under a gas grill. This will be much improved if the buttered toast is spread with a very little of the Liebig's Company's Extract of Meat.

EGGS *À LA CONCORDE*

(*Oeufs à la Concorde*).

¼ pint milk
¼ pint cream
A little minced parsley
A little minced mushroom

3 eggs
A little cooked minced ham,
chicken, or tongue
A little pepper and salt

Mix the minced ham, parsley, and mushroom together, butter thoroughly eight or nine small dariole moulds and line them with the ham, &c.; beat up the eggs, add to them the milk and cream, also a little pepper and salt, three parts fill the moulds, stand them in a pan of boiling water, allowing the water to come within ½ inch of the top, simmer very slowly 15 minutes, or until they are set. Turn out on to a dish.

No. 190.

EGGS (*with Cream*)

(*Oeufs à la Crème*).

6 eggs
1 oz. butter
¼ pint cream

¼ lb. thinly cut bacon
Salt and pepper

Spread the butter on the bottom of a shallow fireproof dish, pour in half the cream and break in the eggs carefully; pour over the rest of the cream, sprinkle with salt and pepper, lay bacon on top, bake in a slow oven 6 to 8 minutes, then take out and crisp the bacon under the gas grill. Serve in the dish.

NOTE.—This may be made in small china cases, allowing one egg to each.

No. 191

CURRIED EGGS

(*Oeufs, Sauce Kari*).

6 eggs, hard boiled
1 tablespoonful coconut
1 teaspoonful flour
Salt
1 small onion

1 dessertspoonful curry powder
1 teaspoonful lemon juice
¼ pint stock
1 oz. butter

Make the butter hot and fry in it the onion minced; when brown add curry powder and fry for a minute or so; then add flour, stock, lemon juice, and salt; boil up, and add 3 of the eggs cut in pieces. Heat altogether, pour into a small dish and place round the remainder of the eggs cut lengthwise. A quarter-teaspoonful of the Liebig Company's Extract of Meat will improve this very much.

EGG FRITTERS

(*Beignets aux Oeufs*).

6 hard-boiled eggs		$\frac{1}{4}$ lb. sausage meat
1 oz. butter		Seasoning

Batter (No. 737).

After boiling the eggs, drop them in cold water for a few minutes, remove shells and cut in halves lengthwise, take out the yolks and mix them with the sausage meat, butter, and seasonings; form in balls; place them in the whites, press the two halves together and cut in quarters, dip in batter and fry a nice golden colour. Dish hot.

EGGS AU GRATIN

(*Oeufs au Gratin*).

6 hard-boiled eggs		$\frac{1}{2}$ oz. flour
$\frac{1}{4}$ pint cream or milk		3 tablespoonfuls of grated Parmesan
Salt, pepper, and cayenne		cheese
2 tablespoonfuls good stock		Yolks of 2 eggs (raw)
1 oz. butter		

Boil the eggs hard, and dip in cold water for a minute; remove shells, divide in half lengthwise, and dish in a circle. Have the sauce prepared as follows:—Melt the butter, stir in the flour, seasoning, cream, stock, and 1 tablespoonful of cheese. Boil 5 minutes, then add the yolks (beaten), with this coat the eggs, and sprinkle over with Parmesan cheese, put under a gas grill, or in a hot oven, to brown; pour round the remainder of the sauce, garnish with fried bread, and serve.

EGGS WITH FINE HERBS

(*Oeufs aux Fines Herbes*).

1 oz. butter		1 teaspoonful minced parsley
1 teaspoonful flour		1 teaspoonful chives minced
Salt and pepper		1 glass sherry
4 eggs		Toast buttered

Poach the eggs and dish on the toast; melt the butter, stir in the flour, add rest of ingredients, and simmer slowly 8 minutes. Pour over eggs and serve.

EGGS AU PARMESAN

(*Oeufs au Parmesan*).

4 eggs	3 tablespoonfuls grated Parmesan
Some rounds of toast 4 inches in diameter	cheese
Salt, pepper, and cayenne	1 oz butter
	$\frac{1}{4}$ teaspoonful anchovy essence

Work the anchovy essence into the butter, and with this butter the rounds of bread, which must be evenly toasted. Poach the eggs neatly, drain on a towel, and dish 1 egg on each round of toast. Season the cheese with salt, pepper, and cayenne, and thickly cover each egg; brown in a quick oven, or under a gas grill. Serve hot.

No. 196.

PLOVER EGGS

(*Oeufs de Pluvier*).

1 doz. eggs	Aspic jelly (No. 589).
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Put the eggs into a saucepan and boil for 10 minutes, when cold pile in the centre of a dish, and garnish with aspic jelly and parsley; or the shells may be removed and the eggs piled in the centre of a dish, and covered with bechamel sauce (No. 59). They may also be garnished with mustard and cress.

No. 197.

POACHED EGGS

(*Oeufs pochés*).

3 eggs	1 quart water
1 teaspoonful salt	A little lemon juice

Have the water boiling, put the eggs into it in their shells for about a quarter of a minute, lift out and break one at a time into a saucer, holding them very low so as not to break the yolk. Add salt and lemon juice to water, and carefully slip the egg off the saucer into the boiling water; simmer slowly until the white is set. Lift out with a drainer, hold on a towel for a few seconds so as to absorb all the water; dish on rounds of buttered toast, or with bacon or ham.

No. 198.

POACHED EGGS WITH CHEESE

(*Oeufs pochés au Fromage*).

Prepare as above and dish on toast; sprinkle with grated cheese, salt and pepper. Brown with a salamander or under a gas grill.

SAUSAGE EGGS

(Oeufs aux Saucisses).

4 hard-boiled eggs		½ lb. sausage
1 raw egg		3 ozs. bread crumbs

Fat for frying.

Boil the eggs hard, drop them in cold water for a minute or so. Take off the shells, take the skins off the sausages, divide into four equal parts; flour the hand and flatten the sausage meat on the palm, put one of the eggs in this, and completely cover it with the



SAUSAGE EGGS.

sausage meat, prepare all in the same way; brush over with beaten egg, and fry about 4 or 5 minutes in smoking-hot fat, drain and cut in half lengthwise. Dish on lace paper, garnish with parsley and serve (*see* Plate above).

SAVOURY EGGS

(Oeufs en Caisses).

6 eggs		A little butter
4 tablespoonsfuls minced ham, chicken, or tongue		1 tablespoonful minced parsley

Take some small dariole moulds and butter them thoroughly, mix the minced ham and parsley together, throw a little into each mould, shake it well round the sides; break into each mould 1 egg, taking care not to break the yolk, sprinkle with pepper and salt, steam 3 or 4 minutes, or until set; turn out on to small rounds of buttered toast and serve at once.

SCRAMBLED OR BUTTERED EGGS

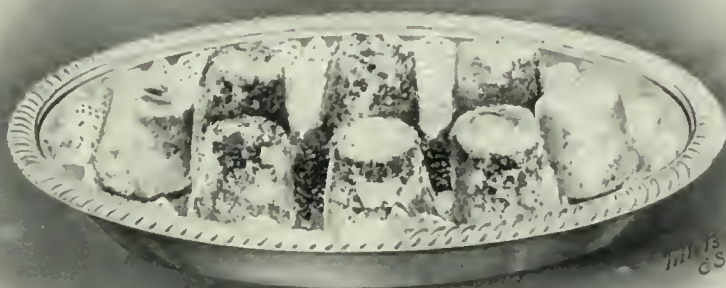
(*Oeufs brouillés*).

2 eggs

½ oz. butter

Salt and pepper

Melt the butter, break in the eggs, and seasoning, and stir with



SAVOURY EGGS.

a whisk over a brisk fire until the mixture just commences to thicken. Pour on to a warm dish, or on buttered toast, or serve with ham or bacon.

STUFFED EGGS

(*Oeufs farcis*).

3 hard-boiled eggs

Teaspoonful chopped parsley

1 tablespoonful chopped ham, shrimps, chicken, tongue or anchovies

1 oz. butter

Salt and pepper

Shell the eggs, cut a little off each end, then cut in half crosswise, and remove the yolks; mix with them the above ingredients; form into little balls, put one in each half of the white; sprinkle with parsley and serve cold, or they may be heated and served on toast.

ANOTHER METHOD.—Prepare as above; dip the little balls in egg and crumbs; fry a nice light brown in hot fat; put one in each half of the white and serve.

SWISS EGG

(*Oeufs à la Suisse*).

1 oz. butter	2 ozs. cheese (Gruyère)
4 eggs	A dust of nutmeg
3 tablespoonfuls of cream	Salt and pepper

Melt half the butter in a shallow dish, then put a thin layer of cheese, break in the eggs, add seasoning to each layer; pour over the cream, put the remainder of the cheese grated on top, also the butter in small pieces; bake in a slow oven 10 to 15 minutes.

TURKISH EGGS

(*Oeufs à la Turque*).

3 or 4 eggs	Some small rounds buttered toast
A little minced ham, chicken or tongue	A little minced parsley
	1 oz. butter

Melt the butter in a frying-pan, break into it the eggs, fry gently until set, taking care the yolks do not get too close together; when set take a round cutter, just a little larger than the yolk, and cut out the yolk with a small border of white round each, cover the rounds of buttered toast (which must be cut the same size as the egg) with the minced ham, lift carefully each round of egg on to the top of the ham; dish neatly, and sprinkle over with minced parsley.

CANAPES OF GRATED HAM

(*Canapés au Jambon râpé.*)

Slices of bread	Made mustard
Cooked ham, cold	Butter
1 hard-boiled yolk of egg	

Mix a little mustard with the butter, spread the bread with this, grate some lean ham and spread on the top of the butter; rub the yolk of egg through a wire sieve on the top of the ham, divide into small fingers, squares, or rounds, and serve.

GIPSY HAM

(*Jambon à la Zingara*).

1 lb. ham		2 tablespoonfuls brown bread
1 tablespoonful of vinegar		crumbs
	2 ozs. butter	

Divide the ham into neat pieces; cut off the rind, make the butter hot in a frying-pan, fry the ham on both sides; remove on to a dish, add to the butter the crumbs and fry for a few seconds; now add the vinegar, reheat, and pour over the ham.

HAM TOAST

(*Rôties au Jambon*).

2 eggs		Pepper, cayenne
1 tablespoonful cream		½ oz. butter
¼ lb. lean boiled ham		Some rounds or squares of
1 teaspoonful minced parsley		buttered toast

Break the eggs into a saucepan, add all the ingredients, and stir over a gentle heat until it begins to set. Have the rounds of toast ready and buttered; pile on each a little heap of the ham mixture. Dish in a ring on a lace paper, resting one against another; garnish with parsley and serve.

CROÛTES OF HADDOCK

(*Croûtes à la Merluche*).

½ lb. dried haddock, cooked		3 ozs. butter
2 tablespoonfuls cream		1 doz. small rounds bread
2 anchovies		4 ozs. grated cheese
½ dozen oysters		2 tablespoonfuls cream
	Salt, pepper, cayenne	

Remove the bones from the haddock and anchovies, pound and rub through a wire sieve; mix in the cream, 1 oz. butter, and the oysters, bearded and minced; stamp out some rounds of bread about ¼-inch thick and fry a nice brown in the remainder of the butter, pile the above mixture on the pieces of bread; put the cheese into a saucepan with the cream, salt, pepper, and cayenne, heat and stir until smooth, pour a little over each of the croûtes, put in a hot oven for about 8 or 10 minutes to brown; dish hot and garnish with parsley.

HADDOCK WITH CROÛTONS

(*Mertuche aux Croûtons*).

$\frac{1}{4}$ lb. cooked dried haddock	A little pepper and cayenne
1 tablespoonful cream	$\frac{1}{2}$ teaspoonful lemon juice
2 hard-boiled eggs	2 ozs. bread crumbs
1 dessertspoonful chopped parsley	1 egg
$\frac{1}{2}$ oz. butter	2 ozs. butter

Pound or chop the haddock very fine, work into it one hard-boiled yolk, the butter, pepper, cayenne, lemon juice, and cream; rub through a fine wire sieve; form into oval shapes about the size of an olive, brush over with the egg, roll in bread crumbs, and fry a light brown in smoking-hot fat. Stamp out some oval shapes of bread a little larger than the olives, stamp out the centre of each the same size as the olive, fry these a light gold in the 2 ozs. of butter, first clarified; fit an olive of haddock in each croûton of bread, garnish round each alternately with chopped parsley, yolk and white of egg. Serve on a lace paper.

No. 210.

MACARONI (Italian)

(*Macaroni à l'Italienne*).

$\frac{1}{2}$ lb. macaroni (best)	1 oz. butter
$\frac{1}{2}$ pint very good stock, highly seasoned	$\frac{1}{2}$ oz. flour
2 tomatoes	2 ozs. cheese

Boil the macaroni in plenty of water, with a little salt, until soft; drain it. Boil the tomatoes (cut up) in the stock until quite soft, strain, melt butter, stir in the flour, add stock, boil up. Dish the macaroni in layers, with grated cheese between each layer and a little of the sauce. When all the macaroni is dished, pour the remainder of the gravy over

No. 211.

MUSHROOM BASKETS

(*Paniers aux Champignons*).

6 ozs. puff pastry	1 tomato
1 oz. butter	$\frac{1}{4}$ lb. mushrooms
1 teaspoonful flour	Salt and pepper

Roll out the pastry very thinly, stamp out in rounds with a $3\frac{1}{2}$ in. plain cutter, put in round patty tins, fill with bread or rice; roll some pieces of pastry into lengths, and bend to form handles. Bake quickly. Skin and mince the tomato and mushrooms, and fry in the butter. A tiny piece of onion may be added if liked. When

cooked add the flour and seasoning with about $\frac{1}{4}$ teaspoonful of the Liebig Company's Extract of Meat. Fill the cases with this, and stick in the handles; garnish with parsley, and serve hot. Any nice fish or meat may be used for above.

MUSHROOMS AU GRATIN

No. 212.

(Champignons au Gratin).

1 doz. mushrooms, medium size
1 oz. butter

2 ozs. ham, with a little fat
Seasoning

Mince 3 or 4 of the mushrooms, put into a frypan with the ham, and cook gently for a few minutes; season. Skin the rest of the mushrooms and remove the stalks from the centre, fill with the mixture of ham, pour over the butter, sprinkle with brown bread crumbs, put in a dripping pan with a little butter and bake 10 to 15 minutes. Serve plain, or with a brown gravy.

GRILLED MUSHROOMS

No. 213.

(Champignons grillés).

Skin and peel the mushrooms, remove the stems, put them on a plate, season with pepper and salt, pour over them some melted butter, lay in the grilling tin, place under the gas grill and cook on one side, then turn and grill the other side. Serve on toast.

MUSHROOM PUDDING

No. 214.

(Pouding aux Champignons).

1 lb. mushrooms
 $\frac{1}{2}$ lb. flour

2 ozs. bread crumbs
4 ozs. suet

Salt and pepper

Mix a little salt with flour and bread crumbs, add suet finely minced, with enough water to moisten, roll out, and line a greased pudding basin with it. Peel the mushrooms, pile in the centre with a little salt and pepper, 1 oz. of butter, and $\frac{1}{4}$ pint of water. Put on a lid of pastry; cover with greased paper and steam $1\frac{1}{2}$ hours. A little onion or tomato may be added to the above.

MUSHROOMS STEWED IN MILK

No. 215.

(Champignons au Lait).

1 oz. butter
1 oz. flour
 $\frac{1}{2}$ pint milk

$\frac{1}{2}$ lb. mushrooms
Pepper, salt, and cayenne
A few drops lemon juice

Melt the butter in a saucepan, stir in the flour, add the stock,

milk, salt, pepper, cayenne, and lemon juice ; skin and remove the stems from the mushrooms, drop into the sauce, and simmer slowly 15 to 20 minutes.

No. 216.

STUFFED MUSHROOMS

(Champignons farcis).

1 oz. butter
2 table.spoonfuls bread crumbs
1 table.spoonful chopped ham or
tongue

1 teaspoonful minced parsley
6 or 8 mushrooms, medium size
Small piece of onion minced
Salt and pepper

Remove the stems from the mushrooms and skin them ; season. Put the butter into a saucepan, and when hot fry in it the onion. Now add the other ingredients ; fill the mushrooms with this, put them in a buttered baking tin with a little butter on each. Bake about 10 minutes. Serve on rounds of buttered toast a little larger than the mushrooms.

No. 217.

MUSHROOM AND TOMATO TOAST

(Rôties aux Champignons et aux Tomates).

2 tomatoes
Toast, butter

½ lb. mushrooms
Salt and pepper



MUSHROOMS AND TOMATOES ON TOAST.

Stamp some bread into rounds, toast and butter it, slice the tomatoes and skin the mushrooms ; heat the butter in a frying-pan,

and fry both tomatoes and mushrooms with a little seasoning; put a slice of tomato on the bread with a mushroom on top, put in the oven to heat through and serve. This dish will be much improved by spreading the buttered toast with a very little of the Liebig Company's Extract of Meat.

No. 218.

AIGRETTES OF PARMESAN

(*Aigrettes de Parmesan*).

2 ozs. flour
1½ ozs. butter
A little pepper, salt, and cayenne
Some fat for frying

¼ pint water
1 egg
2 ozs. Parmesan cheese,
grated

Put the butter and flour into a saucepan, and when melted and mixed add the water; boil 3 minutes and beat it smooth, add the cheese and seasonings; lastly stir in the egg and beat thoroughly; drop this in rough pieces into some smoking-hot fat, and fry a light brown; drain, and serve on a folding serviette; garnish with parsley.

No. 219.

PARMESAN CUSTARDS

(*Crèmes cuites au Parmesan*).

4 eggs
¼ pint milk
2 ozs. butter

3 tablespoonfuls of grated
Parmesan
Salt, pepper, and cayenne

Beat up the eggs, add milk (boiling), Parmesan, salt, pepper, and cayenne; pour into some very small buttered darioles, stirring all the time, so as not to let the cheese settle. Stand the moulds in a saucepan, allowing the water to come within half-an-inch of the top; simmer very gently until set. Cut some thin slices of bread, and stamp out in rounds a little larger than the moulds; heat the butter in a frying-pan, and fry the bread a light brown. Dish one custard on each, put a little pile of grated cheese on the top of each, and brown under the gas grill. Serve on lace paper, with parsley or cress garnish.

No. 220.

POTATO CROQUETTES

(*Croquettes aux Pommes de Terre*).

2 lbs. cold potatoes
1 oz. butter
½ teaspoonful salt
3 ozs. white bread crumbs

2 eggs
A little pepper and cayenne
2 teaspoonfuls minced parsley
Some frying fat

Mash the potatoes by rubbing them through a wire sieve with

the back of a wooden spoon; melt the butter, beat up one egg, add these with the salt, pepper, cayenne, and parsley, to the potatoes, mix thoroughly; flour the fingers and a baking board; form the mixture into pear shapes, brush over with the other egg, beaten, then roll in some finely made bread crumbs, put in a wire frying



CROQUETTES OF POTATOES

basket, and fry in enough smoking-hot fat to cover them; drain on soft paper, stick a small piece of stem of parsley in the thin end of each, and serve on a folded serviette or lace paper (*see* Plate above).

No. 221.

SURPRISE POTATOES

(*Pommes de Terre en Surprise*).

6 potatoes | ¼ lb. cooked sausage

Wash and roast the potatoes with their skins on, cut a part of the end nearly off, scoop the potato out of the centre, fill with the sausage, replace the end and serve as roast potatoes.

No. 222.

POTATO SURPRISES

(*Surprises de Pommes de Terre*).

2 or 3 sausages cooked
1 egg
A little salt and pepper
Some fat for frying

1½ lbs. mashed potatoes
3 ozs. bread crumbs
½ oz. butter
Parsley

Mix with the potatoes the butter, melted, a little pepper, salt, and part of the egg; form this into small cakes, lay in the centre

a small ball of the sausage meat, close the potatoes over the meat and form into a round ball; brush over with the remainder of the egg, roll in the bread crumbs, put into a wire frying basket, and fry in enough smoking-hot fat to cover them; drain, and dish on a folded serviette or lace paper; garnish with parsley and serve.

No. 223.

SAVOURY ROLY-POLY

(Pouding savoureux en Rouleau).

¼ lb. flour
2 ozs. raw potato
1 small onion

¼ lb. suet
2 ozs. raw meat
Salt and pepper

Mince the suet and mix it with the flour; add a little salt and enough water to moisten, roll out into a length; cut up the meat, potatoes, and onion small; season and lay on pastry, brush the edges with a little cold water, roll up and fasten firmly; put in a pudding cloth and boil 1½ to 2 hours.

No. 224.

SAVOURY SANDWICHES

(Sandwichs aux Fines Herbes).

3 hard-boiled eggs
¼ pint shrimps or lobster
(cooked)
Bread and butter

A little aspic jelly
Chicken, ham or game
Minced parsley
1 oz. butter

Pound two eggs together with the meat or fish, butter, and seasoning; cut some very thin bread and butter, spread on the mixture and cover with a second slice; cut in fingers, dip in aspic jelly, just setting, and sprinkle with finely chopped white and yolk of egg, alternately; sprinkle with minced parsley; dish high on a serviette.

No. 225.

SCOTCH WOODCOCK

(Grillade Écossais).

2 hard-boiled eggs
3 tablespoonfuls grated Parmesan
cheese
¼ pint milk
1 oz. butter

¼ pint stock
1 oz. flour
Salt, pepper, and cayenne
2 rounds of buttered toast
A little minced parsley

Mince the whites of the eggs and place on one round of the toast with 1 tablespoonful of the cheese, pepper, salt, and cayenne; place the other round of toast on the top, put in the oven to heat through. Meanwhile, melt the butter in a saucepan, stir in the

flour, add milk, stock, remainder of cheese and seasoning. Divide the toast into squares, pour over the sauce, garnish with minced parsley and the yolks of eggs rubbed through a wire sieve, and serve hot.

No. 226.

TOAD IN THE HOLE

(*Saucisses à la Pâte*).

$\frac{1}{4}$ lb. flour	1 pint milk
$\frac{1}{2}$ lb. sausages	Salt
2 eggs	A little baking powder

Make a batter of flour and milk, add salt, baking powder, and eggs, well beaten; pour into a well greased pie dish, drop the sausages in here and there, first removing the skin. Bake 30 to 40 minutes.

No. 227.

TOMATO SAUSAGES

(*Saucisses aux Tomates*).

$\frac{1}{2}$ lb. sausage	1 raw egg
1 teaspoonful of minced parsley	6 ozs. bread crumbs
1 tomato	Seasoning

Skin the tomato and mince, skin sausage and mix with the tomato; add parsley and seasoning, about half the bread crumbs, work together, then form into sausage shape; brush with the raw egg beaten, roll in bread crumbs, and fry for about 4 minutes in a bath of smoking-hot fat. Drain and dish high.

No. 228.

TOMATOES ON TOAST

(*Rôties aux tranches de Tomates*).

2 tomatoes	Buttered toast
Seasoning	1 oz. butter

Melt the butter in a frying-pan, slice the tomatoes and fry them on both sides; season; dish one slice on each piece of buttered toast; or a little more butter may be put in the frying-pan, and the bread fried instead of being toasted.

No. 229.

TOMATO TOAST.

(*Rôties aux Tomates*).

$\frac{1}{2}$ lb. tomatoes, or part of tin	A dust of sugar
2 eggs	Some rounds or squares of
2 ozs. butter	toast
Pepper, salt, cayenne	

Put the tomatoes, skinned and sliced, into a pan with the

butter, and fry 5 minutes; break in the eggs, add seasoning and sugar. Stir over a gentle heat until it begins to set. Have the bread cut in small rounds or squares, and buttered; pile in the centre of each a little of the tomato mixture. Dish in a circle, resting one piece against another; garnish with parsley.

No. 230.

VEGETARIAN PIE.

(*Pâté de Légumes*).

1 lb potatoes	1 large onion
$\frac{1}{4}$ lb mushrooms or tomatoes	1 oz. butter
Salt	Pepper

Peel the potatoes and slice them, put in a dish with the mushrooms or tomatoes cut up, also onion and seasoning, on top put the butter broken up, add a little water. Cover with short pastry (No. 653) made with butter. Bake 1 hour and serve.

No. 231.

WELSH RARE-BIT

(*Grillade Gaulois*).

2 ozs. cheese	1 tablespoonful milk
Salt	Pepper
Cayenne	A little made mustard

One round of buttered toast

Put all the ingredients except the bread into a saucepan, heat until it softens. Put the round of buttered toast on a hot dish, and pour over the cheese mixture. Serve at once. If the cheese does not readily soften, put it under a gas grill for a minute or two.



JOINTS, ENTRÉES, &c.

A JOINT of Beef or Mutton is improved by hanging for as long a time as the weather will permit without tainting, but Lamb and Veal should not be kept longer than a few days before being cooked, and the same is also true of Pork.

Entrées are generally served after the Fish, and as they are usually handed round at the table, they should be nicely dished. In nearly all cases the sauce for an Entrée is served on the dish. Entrées may be prepared from almost any kind of Meat, Poultry or Game, the object being to produce a dish of which each portion shall be representative of the whole, and which shall not clash with those which precede or succeed it. The recipes given under this head are for Fresh Meat, but others are given under "Poultry and Game," and also with the "Cold Meat Dishes."

CARVING OF JOINTS.

BEEF.—The Aitch-bone and Round should be laid flat on a dish, and the slices cut in a horizontal direction. The Ribs, if a small joint, can be treated in the same way as the round; if large, lay the joint with the ribs towards the dish and the chine bone away from the carver, and slice along the length of the ribs, not across them. The Sirloin is dished in the same way as the ribs, the undercut next the dish, and is carved in similar fashion, the joint being afterwards turned over and the undercut sliced lengthwise. In carving both ribs and sirloin it is advantageous to loosen the meat from the

bones to a depth of about an inch by slipping the knife round between the meat and the bone. Beef is carved in very thin slices and across the direction of the fibres when possible. The Heart is laid with the apex towards the carver, and slices are cut right from base to apex, and should include some of the stuffing. A tongue, if not rolled, may be cut transversely, beginning either at the tip or in the middle, and serving with each portion a thin slice of the fatty part from the root. Rolled tongue must of course be cut in thin horizontal slices.

VEAL.—The Fillet is carved just as a round of beef, except that the slices are usually not so thin. The neck may be divided up into cutlets, but the proper method of carving it is by diagonal cuts across the bones, serving the meat only; the bones come in very useful for the stock pot. The Loin may be carved in either of the two ways given for the neck, a thin slice of the kidney being served with each portion. In carving the Breast the joint should first be cut through lengthwise at the line of junction of rib and gristle; the two portions are then sliced transversely and portions of both served together. The Shoulder may be carved in the same way as shoulder of mutton, or it may be turned right over and cut in transverse slices, commencing at the knuckle end. Calf's Head, always split in two, is usually carved by cuts running parallel to a line drawn from the lowest part of the ear to the nostril; the part nearest the ear may be carved at right angles to this, and the eye with the flesh around it is removed with a circular cut; the tongue and palate are taken away after turning over the head and carved crosswise; the throat sweetbread may be present in its place, or used as a garnish, and a little should be served with each portion. As veal is nearly always stuffed, the carver should remember to serve some of the forcemeat on each plate.

MUTTON.—The Shoulder is laid on the dish, skin side up and the shank end pointing to right or left. A cut is first made from the edge farthest away right down to the bone, and slices can then be carved from both sides of this incision; other portions can be obtained by cutting down on the shoulder blade on each side of the prominent ridge, the direction of which must be ascertained and the incisions made parallel to it; with the joint turned over

nice pieces may be got by cutting crosswise near the knuckle and in various directions in the hollow of the bone. To carve the Saddle, first make a deep incision close to the centre, down the whole length of the joint, then slice diagonally the thick fleshy part, and cut off small portions of the thin edge for the fat. The Loin may be carved in the same way as the saddle, or divided into chops. A difficulty sometimes experienced in carving the Leg is to get it in the right position. It should be dished with the flat, skin side downwards, and the straight border next the carver; the tail, if present, will then be on the side furthest away and the shank end will point to the side to which the leg belongs; *i.e.*, if a right leg, to the right; and if a left, to the left. An incision is made about the middle and carried done to the bone; slices are then cut on both sides as in carving the shoulder. Mutton is not sliced so thinly as beef.

LAMB.—The Leg, Saddle and Loin are carved in the same way as mutton. The fore-quarter may be divided into Breast and Shoulder and carved in the same way as mutton and veal, but it is considered more elegant to merely raise the shoulder by a circular incision about an inch deep, squeeze some lemon juice under and replace it; the joint is then divided lengthwise in the same way as breast of veal, the ribs, neck and breast cut up transversely and the shoulder carved in the same way as mutton.

PORK.—The scoring of the skin of the Loin generally gives the direction of the cuts with sufficient exactness. Careful attention should have been paid to the jointing, which should always be done with a saw and not a cleaver. The same precaution should be adopted with mutton and veal where necessary. Butchers are sometimes not over-careful in this respect.

HAM may be carved by horizontal cuts beginning about the middle and gradually working down to the bone and round the ham; it may also be commenced at the thin end and sliced obliquely. Cold boiled ham should be sliced very thinly.

ROAST SUCKING PIG should be partly disjointed before sending to table, by removing the head and dividing lengthwise, and splitting the body in two. It is then a simple matter to remove the limbs and carve the body into cutlets.

BONED AND STUFFED JOINTS present no difficulty; they are simply carved by transverse cuts.

No. 232.

ROASTING.

IN using the Gas oven for this purpose, the joint may be hung from the top of the oven or from a grid shelf placed near the top, or may be laid on a grid shelf placed about 6 inches above the gas burners. The last is the most economical method as it leaves the upper part of the oven free for cooking other dishes.

Light the gas, leave full on for 8 minutes with door closed and ventilator drawn out, then put in the meat, turn to three-quarters full on for 10 minutes, turn down the gas to about half and let the meat cook slowly, allowing 14 minutes to each pound. If the fat spits on to the burners the gas must be turned down still more. The drip is collected in the tin which forms the bottom of the oven and is placed beneath the burners; it is thus kept from burning.

To make the gravy for a roast joint, pour away the fat from the dripping tin, retaining the sediment; to this add a little stock, seasoning and browning, boil up, pour a little over the joint and serve the rest in a tureen. For Veal, Pork and Poultry, a little flour thickening may be added, also for other roasts if preferred.



JOINTS, ENTRÉES, &c.

No. 233.

BOILED BEEF

(*Bœuf bouilli*).

Piece of brisket, aitchbone,
or rump
Mixed vegetables, (carrots,
turnips, onions or leeks)

Celery
Bunch of sweet herbs
Peppercorns

The beef may be plain or salted, if the latter, it should be well soaked. Put into a pan with enough boiling water to cover, boil slowly from 2 to 3 hours, according to size of joint. About an hour and a half before it is done drop in the vegetables. If the liquid is to be used as broth, some of the vegetables should be cut up small and a handful of pearl barley added; also a little flour to thicken. Dish the beef with vegetables as a garnish.

No. 234.

SCOTCH MINCED COLLOPS

(*Hachis de Bœuf à l'Écossais*).

1 lb. lean beef
Salt and pepper

¼ lb. beef suet
2 ozs. butter

Mince the meat and suet finely, and season with pepper and salt; make the butter hot and fry in it the collops; dish and pour over and round the gravy; garnish with sippets.

No. 235.

COWHEELS

(*Pieds de Bœuf*).

1 cowheel
2 large onions
Salt and pepper

½ pint milk
1 oz. flour

The cowheels are usually cooked, or nearly so. Cut up, put into a pan with the milk, onions cut up; salt and white pepper. Simmer slowly 1 hour, add flour moistened with a little milk, boil up, serve altogether in a tureen. The dish may be garnished with a few whole carrots and turnips.

FILLETS OF BEEF

(*Filets de Bœuf*).

1 ½ lbs. of beefsteak (undercut if possible)	½ pint haricot beans
2 ozs. butter	1 good-sized onion
2 tablespoonfuls cream	¼ pint stock
½ teaspoonful flour	Salt
	Pepper

Soak the beans over-night, boil until tender in water with the onions and a little salt; when done, drain, rub through a sieve, add 1 oz. butter, cream, and more seasoning if required. Pile in the centre of the dish; meanwhile fry the fillets quickly in the remainder of the butter on both sides, dish round the *purée*, add the flour to the butter in pan, fry brown, add stock, seasoning and a little of the Liebig Company's Extract of Beef. Boil up and strain round the fillets.

No. 237.

FILLETS OF BEEF (with Horse Radish—*Entrée*)

(*Filets de Bœuf au Raifort*).

1 lb. beef steak off the fillet	2 yolks of eggs
¼ lb. suet	½ teaspoonful made mustard
½ oz. flour	Lemon juice
½ oz. butter	Salt
¼ pint white stock or milk	Horse radish

Cut the beef into neat fillets, also the suet into thin pieces, the same size; season with a little salt; fry the suet and steak quickly, dish on a hot dish alternately, beef and pieces of fat; meanwhile melt the butter in a small pan, stir in the flour, add to it the mustard, lemon juice, stock, and salt. Boil up, add yolks; also enough grated horse radish to make it thick; pour this in the centre of fillets and sprinkle the fillets with the horse radish and serve.

No. 238.

FILLETS OF BEEF (with Oysters—*Entrée*)

(*Filets de Bœuf aux Huîtres*).

1 ½ lbs. thick steak	3 ozs. butter
6 or 8 oysters	1 tablespoonful minced parsley

Divide the steak into 6 or 8 pieces, partially split each with a knife so as to make a sort of pocket; season with salt, pepper, and parsley, and insert an oyster bearded in each; skewer up, put in grilling tin and grill under a gas burner, with a little butter placed on each. When cooked dish with a pat of butter mixed with salt, pepper, parsley and lemon juice on each.

*FILLETS OF BEEF À LA ROSSINE (Entrée)**(Filets de Bœuf à la Rossine).*

1 lb. mashed potatoes
 1 egg
 ½ pint brown stock
 1 teaspoonful flour

1 ½ ozs. butter
 ½ lb. mushrooms
 Pepper and salt
 1 ½ lbs. beef, undercut

Mix the potatoes with half the egg, ½ oz. butter, pepper, and salt; form a round cake about 7 inches in diameter, and 1 inch thick, with a pyramid in the centre; put on to a baking sheet, brush over with the remainder of the egg; bake half an hour, or until a nice brown. Divide the beef into neat fillets half an inch



FILLETS OF BEEF À LA ROSSINE.

thick; heat the remainder of the butter in a frying-pan, and fry the fillets very quickly, a nice brown on both sides; remove from the pan and keep hot; put the flour into the pan and brown, then add the stock, pepper and salt; boil up, strain into a small pan,

add the mushrooms, which must be peeled and the stems removed ; simmer slowly 10 minutes, remove the mushrooms, and boil the gravy quickly until reduced to about one third ; arrange the casserole of potatoes in the centre of the dish, and the fillets of beef on the potatoes round the pyramid ; put some of the mushrooms on a hatlet skewer, and stick in the middle of the potatoes, garnish the dish with the remainder ; strain the gravy over the fillets and round the base of the dish. This dish may be garnished in the centre with heather or berries instead of the hatlet skewer.

No. 240.

FILLETS OF BEEF (with Shrimps—Entrée)

(Filets de Bœuf aux Crevettes).

1½ lbs. fillet of beef	½ pint stock
2 ozs. butter	Salt and pepper
1 teaspoonful flour	½ teaspoonful lemon juice
¼ pint picked shrimps	

Divide the meat into 6 or 8 fillets, half an inch thick. Heat butter in a frying-pan until brown, put in the fillets and fry quickly on both sides. Remove fillets from pan and keep them hot. Pour away nearly all the butter, retain the sediment and brown in it the flour ; now add stock, boil up, strain to a saucepan, add lemon juice, seasoning, and shrimps. Dish fillets in a double row, resting one against another ; pour over the gravy and shrimps, garnish the dish with scraped horse radish, and serve.

No. 241.

FILLETS OF BEEF (with Tomatoes—Entrée)

(Filets de Bœuf aux Tomates).

1¼ lbs. tender steak	Salt and pepper
2 ozs. butter	1 teaspoonful flour
½ lb. tomatoes (1 large one)	½ pint stock

Divide the meat into half a dozen fillets ¾-inch thick, brush over with a little of the butter, melted, and grill, or the fillets may be fried in butter. Divide the tomato into 5 slices, place in dripping tin, sprinkle with salt and pepper, put on each a tiny pat of butter, and bake 5 minutes, or just long enough to warm through. Brown ½-oz. of the butter in a small pan, fry in it the trimmings from tomato, add flour, stir, add stock and seasoning and boil up. Dish the fillets down the centre of a dish with a slice of tomato between each, and strain round the gravy.

*FILLETS OF BEEF (with Mixed Vegetables—Entrée)**(Filets de Bœuf Jardinière).*

2 lbs. of the fillet of beef	3/4 oz. glaze
2 ozs. butter	Pepper and salt
1/4 pint stock	Small onions
Carrots, turnips, peas or parsnips	1 teaspoonful flour

Divide the vegetables into pieces the size and shape of an olive, boil them each in separate saucepans until tender; meanwhile divide the meat into neat pieces, allowing a small piece of fat to each fillet; heat the butter in a pan, and fry in it very quickly the fillets and the pieces of fat; dish round a dish with a piece of fat on each; add to part of the butter the flour, 1/2 oz. of glaze, 1/4 pint of stock, season with pepper and salt; boil 5 minutes and strain over the fillets. Drain the vegetables, put all into one pan with about an oz. of the butter from the fillets and 1/4 oz. of glaze; shake until glaze is dissolved; dish in centre of the fillets.

*BEEF GRENADINS (with Olives—Entrée)**(Grenadins de Bœuf aux Olives).*

2 lbs. rump steak, 1 inch thick	1/2 lb. fat bacon
1 carrot	1 turnip
1 onion	A bunch of sweet herbs
1 stalk of celery, or 1/3 teaspoonful	1/2 teaspoonful salt
celery seed	1 oz. butter
1/4 teaspoonful pepper	1/2 oz. flour
1 1/2 dozen Spanish olives	

Cut the steak into small rounds, and carefully lard each on the top with lardoons neatly cut from the bacon about 1 inch long and 1/4 inch thick. Lay at the bottom of a saucepan the vegetables (cut in slices), the herbs, pepper and salt. Lay on the top the grenadins, and pour round a little boiling stock or water; allow these to simmer slowly 1 1/4 hours. Remove the grenadins into a dripping tin with a few tablespoonfuls of gravy; set in a hot oven to brown. Meanwhile, heat the butter in a saucepan until brown, brown in it the flour, strain to this the gravy; then add 1 1/2 dozen olives, par-boiled, stoned, and minced; boil 15 minutes. Dish the grenadins in a ring, pour the gravy and olives in the centre.

MINCED BEEF (with Egg Garnish)

(Hachis de Bœuf aux Oeufs durs).

1 oz. butter
1 lb. beef steak, minced
 $\frac{1}{2}$ small onion
 $\frac{1}{4}$ teaspoonful of grated orange
rind
1 teaspoonful lemon juice

4 hard-boiled eggs
1 oz. flour
 $\frac{1}{4}$ pint stock
 $\frac{1}{2}$ glass port wine
3 or 4 mushrooms minced
A little minced parsley

Heat the butter in a pan, and brown in it the onion, very finely minced, add flour, and when brown add stock and wine: boil 2 or 3 minutes, then add seasoning, lemon juice, orange rind, beef, and mushrooms; simmer $\frac{3}{4}$ hour; dish in the centre of a dish in a pile, cover the centre with the yolks of the eggs passed through a



MINCED MEAT WITH EGG GARNISH.

fine wire sieve. Put round the base of the dish some rounds or diamonds of bread, toasted, spread with butter and a little of the Liebig Company's Extract of Meat, and with a pile of the white of eggs finely minced on each. Put the whole into the oven to heat through. Just as it is sent to table, sprinkle with minced parsley. Cooked beef or mutton may be used in place of fresh.

MINCED BEEF (with Mushrooms)

(Hachis de Bœuf aux Champignons).

1 lb. steak, minced
 $\frac{1}{2}$ pint stock
Small onion

2 ozs. butter
 $\frac{1}{2}$ oz. flour
1 doz. mushrooms

Pepper and Salt

6 or 8 rounds of bread about 2 inches in diameter

Heat 1 oz. of the butter in a stewpan, fry in it the onion minced, add the flour and stock, also the steak, 4 mushrooms minced, and seasoning; simmer slowly $\frac{3}{4}$ hour. Meanwhile, put the remainder of butter into a frypan, and fry the mushrooms seasoned, then the rounds of bread; arrange a mushroom on each piece of bread, place round a dish, and pour the mince in the centre. Cooked beef or mutton may be used in place of fresh.

No. 246.

BEEF A LA MODE

(Bœuf à la Mode).

3 lbs. of beef, rump or sirloin	20 small onions
2 carrots, a clove of garlic	$\frac{1}{2}$ pint vinegar
Salt and pepper	$\frac{1}{2}$ lb. fat bacon

Bone the meat if necessary, cut the bacon into lengths $\frac{1}{4}$ inch or more square, and with a large larding needle run the bacon through the meat in several places. Then mix with the vinegar the salt and pepper, and pour over the meat, leaving it to stand in this pickle 24 hours, occasionally turning it. Fry the remainder of the bacon, remove the pieces, and in the fat fry quickly the beef, add half pint of stock or water, and a little of the pickle; simmer very slowly 3 hours, the last hour add the onions (which should first be fried brown), and the carrots cut into small lengths. Dish with vegetables round, remove fat from gravy, reduce to $\frac{1}{2}$ pint and pour over.

No. 247.

BEEF OLIVES (Entrée)

(Olives de Bœuf farcies).

1½ lbs. beef steak	2 tablespoonfuls bread crumbs
1 teaspoonful minced parsley	1 tablespoonful suet
1 teaspoonful salt	1 small onion
$\frac{1}{4}$ teaspoonful pepper	1 egg
1 oz. flour	1 oz. butter
$\frac{3}{4}$ pint water or stock	A few grains cayenne

Cut the meat into thin strips, $4\frac{1}{2}$ inches long and 2 inches wide, beat these with a cutlet bat or rolling pin. Mince the trimmings of the meat, and add to them the bread crumbs, salt, pepper, suet, onion, parsley, all minced, and mix together with the egg. Spread a little of this mixture on each length of meat, roll up and skewer neatly. Put into a pan the butter, and when quite hot brown in it the olives; remove these from the pan, add the flour and brown also; add the stock or water and when boiling put back the olives, and simmer slowly $1\frac{1}{2}$ hours. Dish in a ring; season the gravy, and strain on to dish.

OX CHEEK

(*Joue de Bœuf*).

½ an ox cheek
2 onions
Stalk celery
Seasoning

4 carrots
2 turnips
Bunch sweet herbs
2 ozs. flour

Soak cheek in salt and water, put into saucepan and cover with water, bring to the boil and skim thoroughly, simmer 2 hours; remove bones, add vegetables (a few cut up small), seasoning, &c.; simmer again until all are tender—about 1½ hours; dish the meat and garnish with the vegetables, add the flour mixed with a little water to the soup, boil up and serve; or less water may be used in cooking and served as gravy only.

OX HEART (*Stuffed and Baked*)

(*Cœur de Bœuf à l'étuvée*).

1 lb. onion
1 teaspoonful of sage

A little bacon
3 ozs. bread crumbs
Salt and pepper

Wash and dry the heart, put in boiling water and simmer slowly half an hour, lift out and drain; part boil the onions; mince, season, and mix with the bread crumbs and sage; with this stuff the heart, fasten with skewers, roast or bake 1½ to 2 hours with a little bacon on top. Add a little flour to gravy with a little water, if necessary, and seasoning; boil up and pour over the heart.

OX KIDNEY

(*Rognons de Bœuf*).

½ ox kidney
1 teaspoonful flour
½ teaspoonful minced parsley

2 ozs. butter
¼ pint stock or water
Seasoning

Heat the butter until it turns brown, cut the kidney into slices, and fry in the hot butter very quickly until brown; add the flour, stock, and seasoning; boil up and serve with the parsley sprinkled over the top.

STEWED OX-TAIL

(*Ragoût de Queue de Bœuf*).

1 ox-tail
1 onion
Bunch sweet herbs
A few peppercorns
Salt
1 oz. butter

1 carrot
1 small turnip
2 cloves
 $\frac{1}{2}$ oz. arrowroot
A little browning

Joint the tail, slice all the vegetables, fry them brown in the butter, add $\frac{3}{4}$ pint water, the tail, cloves, herbs, and seasoning; cover and simmer slowly either over a gas burner or in a slow oven, until tender, about $2\frac{1}{2}$ to 3 hours. Lift out the tail, remove the fat from the gravy, strain, add arrowroot and browning, pour over the tail, and serve.

GLAZED OX-TONGUE

(*Langue de Bœuf glacée*).

1 pickled ox-tongue
 $\frac{1}{4}$ lb. butter

$\frac{1}{2}$ pint glaze (No. 745)
Mixed vegetables
Aspic jelly (No. 589)

Soak the tongue for 2 or 3 hours, put into a saucepan of cold water with the vegetables, bring to the boil and simmer slowly about 3 hours. Lift out the tongue and put in cold water 2 or 3 minutes. Take off the skin, trim, arrange in proper shape and leave until cold; cover with the glaze by means of a brush. Work the butter until creamy, and with a forcing bag and tubes decorate the tongue. Place on a dish and garnish with frills and aspic jelly. This may be served hot with tomato sauce (No. 97) or piquant sauce (No 90).

MEAT AND POTATO PIE

(*Pâté de Viande aux Pommes de Terre*).

2 lbs. potatoes
 $\frac{3}{4}$ lb. scraps of beef

1 onion, good size
 $\frac{3}{4}$ lb. pastry (No. 624)
Salt and pepper

Peel the potatoes and cut up into rough pieces, cut up meat and onions, season these well with the salt and pepper, mix all together, heap in a pie dish, line the edges of the dish, cover and decorate with the pastry (No. 624); bake $1\frac{1}{2}$ hours in a moderate oven.

PRESSED BEEF

No. 254.

(*Bœuf pressé*).

5 or 6 lbs. of beef, thick flank,
pickled
Mixed vegetables

Glaze (No. 745)
Aspic jelly

If the beef has been in pickle a long time wash it, put into a pan of cold water, bring to the boil and skim; now add a few mixed vegetables, sliced, and simmer slowly about 2 hours. Lift out, remove bone, press with a weight on top. When quite cold wipe off grease, cover with the glaze. Dish and garnish with aspic and parsley. The beef may be decorated with a little butter beaten until creamy and put into a forcing bag and tube.

ROAST BEEF

No. 255.

(*Rosbif*).

The sirloin (*aloyau*), ribs (*côtes*), and round (*rouelle*), are the joints usually chosen for roasting. For directions, *see* Roasting (No. 232).

DRESSED STEAKS

No. 256.

(*Bifteks garnis*).

1½ lbs. thin steak
1 good-sized onion
Salt and pepper
1 oz. butter

½ oz. flour
½ pint stock
1 dessertspoonful mushroom
ketchup

Divide steak into pieces about 3½ inches by 2, sprinkle each with minced onion, salt and pepper, roll up and fasten with small skewers. Heat butter in saucepan, fry in it the beef quickly till browned, remove steak, fry now the remainder of onion and the flour, add stock and mushroom ketchup. Put in the steaks again, and simmer very slowly for 1 hour or more. Dish the steaks and strain over the gravy.

GRILLED STEAKS

No. 257.

(*Bifteks*).

A steak for grilling should be cut thick all the way through, and not thin at the edges. It may be taken from the rump or the undercut. Season and put on a grid under the gas grilling burner that has been turned over and allowed to get quite red; a little butter or fat may be put on the top; grill one side, turn and grill underside. It usually takes from 8 to 12 minutes. Dish with a piece of butter on top, or *maitre d'hôtel* (No. 79).

BEEF STEAK PIE

(*Pâté de Bœuf*).

1¼ lbs. beef steak
½ lb. flaky pastry (No. 624)
1 tablespoonful flour

1 teaspoonful salt
½ teaspoonful pepper

Cut the beef up into thin strips, 2½ inches long and 1 inch wide; mix the flour, salt, and pepper together, dip each piece of beef into this; cut up the pieces of fat into very small pieces; lay a piece of the fat at the end of each piece of beef, and roll up into neat rounds; pile in a small pie dish. Pour in 2 tablespoonfuls of water; line the edges of the dish, cover and decorate with flaky pastry (No. 624). Brush over the top with beaten egg, or with milk. Bake 1½ hours; when done fill the pie with hot water, seasoned, or good stock. Fold a serviette round the dish, and serve. If served cold, add a little gelatine to gravy, and serve with parsley.

PORTERHOUSE STEAK

(*Biftef Porterhouse*).



PORTERHOUSE STEAK.

This steak is cut from the sirloin right through the bone,

should have a good piece of the undercut in it, and should be a good inch thick. Season with salt and pepper, grill on both sides, basting with dripping or butter. Serve with *maitre d'hôtel* butter (No. 79). Garnish with cress and chipped potatoes.

No. 260.

PORTERHOUSE STEAK (*Larded*)

(*Biftek Porterhouse piqué*).

1 porterhouse steak (No. 259)
2 or 3 ozs. fat bacon
1 carrot
Small piece onion

Small piece turnip
2 cloves
 $\frac{1}{2}$ pint stock
A clove of garlic, if liked

Salt and pepper

Cut the bacon into lardoons 1 inch long, and lard the steak on one side. Slice the vegetables, put in stewpan with the cloves seasoning, and the garlic bruised, lay the steak on top, larding uppermost, pour round a very little stock, cover tightly, and bake in a slow oven or simmer very gently 1 hour. When cooked, lift out the steak, crisp the bacon by putting, for a few minutes, under the gas grill. Pour away from the pan any excess of fat, add the remainder of stock, and boil up; place steak on a hot dish and strain over the gravy.

No. 261.

BEEF STEAK PUDDING

(*Pouding de Bœuf*).

1 lb. beef steak
 $\frac{1}{2}$ pint of water
 $\frac{1}{2}$ lb. suet pastry (No. 682)

1 tablespoonful flour
Salt
Pepper

Line a deep basin, well buttered, with suet paste (No. 682), rolled $\frac{1}{3}$ inch thick. Put the flour, with salt and pepper on a plate; cut the meat into strips $2\frac{1}{2}$ inches long and 1 inch wide, and the fat into very small pieces; roll each piece of meat in the seasoned flour; place a small piece of fat at the end of each piece, and roll up. Place these in the basin and pour over the water; the basin may be nearly filled. Wet the edges, and cover with a round piece of pastry; thoroughly seal the edges, cover with buttered paper and steam for $1\frac{1}{2}$ hours. Turn out and serve.

STEWED STEAK

(*Bifteck à l'étuvée*).

A good steak $1\frac{1}{2}$ to 2 lbs.
1 oz. butter
1 small turnip
1 onion

1 carrot
1 teaspoonful flour
Salt and pepper
 $\frac{3}{4}$ pint stock

Heat the butter and fry in it very quickly the steak, remove and fry the vegetables, sliced; add the flour and stock, boil up, put in the steak and simmer gently 1 hour or more, until the



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STEWED STEAK

steak is tender. Lift out and dish the steak, add seasoning to gravy and strain over, or the vegetables may be left in the gravy, according to taste.

STUFFED STEAK

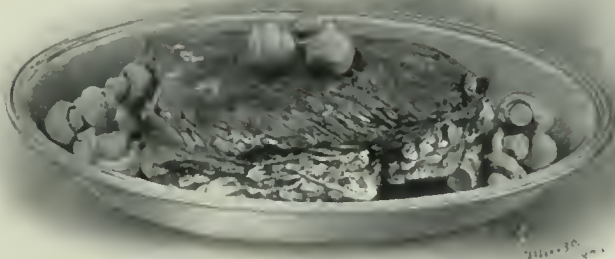
(*Bifteck farci*).

1 lb. thick, tender steak
 $\frac{3}{4}$ lb. mushrooms or tomatoes
1 tablespoonful bread crumbs

1 oz. butter
 $\frac{1}{2}$ teaspoonful minced parsley
Seasoning

Heat the butter and fry in it the tomatoes or mushrooms, cut up small, add seasoning, bread crumbs, and parsley; insert a sharp

knife into the edge of the steak and open it like a pocket, fill this with the forcemeat, put a little butter on top and grill on both sides. Serve with *maitre d'hôtel* butter on top; or the steak may be garnished with stewed mushrooms and served with a gravy.



STUFFED STEAK WITH MUSHROOMS.

No. 264.

EXETER STEW

(*Ragoût Exeter*).

½ lb. gravy beef
1 onion
1 small carrot

¾ pint of water
1 oz. butter
1 oz. flour.

A bunch of sweet herbs.

Heat the butter in a saucepan, brown the onion sliced, also the flour, then add gradually the water, boil up, add the meat, cut in small squares, the carrot sliced, pepper and salt; simmer slowly 1½ to 2 hours; about an hour before this is ready make some savoury suet balls No. 734) and drop into the stew.

No. 265.

POLISH STEW

(*Bœuf à la Polonaise*).

1 lb. lean beef steak
6 ozs. beef suet
Salt and pepper
2 lbs. of potatoes

3 ozs. onion
1 clove of garlic
1 egg
2 ozs. brown bread crumbs

Mince the beef, suet, onion and garlic, mix all together and season, and form into a roll. Brush over with egg, and roll in the crumbs. Put into a dripping pan with ½ pint of stock or water, with a little of the Liebig Company's Extract of Meat;

bake half an hour, then place round the potatoes, cut small, and season with salt and pepper; cook until potatoes are soft. Dish with the roll in the centre of a dish and potatoes and gravy round.

No. 266.

SPANISH STEW

(*Bœuf à l'Espagnole*).

1 lb. lean steak	1/4 pint of good stock
Salt	3 ozs. bacon
Pepper	1 clove of garlic
1 teaspoonful minced parsley	3 ozs. bread crumbs
3 eggs	1/4 tin tomatoes

Mince the steak, bacon, garlic and parsley; mix all together, whip up the eggs, and add enough to bind the whole; form into ball, dip in the remainder of the beaten egg, roll in bread crumbs, and fry first a minute to set them, then put in a stewpan with the stock and tomatoes; season, and add a little of the Liebig Company's Extract of Meat, stew gently half an hour, dish, and strain the gravy round.

No. 267.

TRIPE AND ONIONS

(*Tripes aux Oignons*).

2 lbs. of tripe	3 or 4 onions
3/4 pint of milk	1 oz. flour
Salt and pepper	

Simmer the tripe and onions in the milk until tender, about half an hour; add seasoning and the flour; boil up.

No 268.

BLANQUETTE OF LAMB (*Entrée*)

(*Blanquette d'Agneau*).

1 breast of lamb	Bunch parsley
1 oz. butter	2 or 3 cloves
1/2 oz. flour	Yolks of 2 eggs
3/4 pint stock	Salt and pepper

Melt the butter, stir in the flour, add stock, parsley, cloves, and the lamb divided into small joints; simmer 1 hour, lift out the lamb, remove fat from gravy, then strain gravy to the yolks, beaten, add the seasoning to taste, pour over the lamb, and serve.

BREAST OF LAMB OR MUTTON. (Boned and Stuffed) . .

(Poirine d'Agneau ou de Mouton désossée et farcie).

1 breast of lamb	2 tablespoonfuls suet, minced
½ grated lemon rind	½ teaspoonful minced sweet herbs
A dust of nutmeg	1 teaspoonful parsley
A dust of mint	Salt
2 small eggs	Pepper
1½ ozs. butter	1 pint of water
1 oz. flour	1 onion
4 tablespoonfuls bread crumbs	.

Bone neatly the breast of lamb, taking care not to break the outer skin; make a forcemeat of bread crumbs, suet, sweet herbs, parsley, nutmeg, mint, lemon rind, and seasoning, all mixed together with 2 eggs. Spread this on the breast, roll up and skewer into a good shape. Heat the butter in a stewpan, and when brown put in the breast and brown lightly, remove from the saucepan, then brown the onion cut up, also the flour, add the water gradually, boil up, put in the breast, also the bones and a blade of mace: let this simmer very slowly 1¼ to 1½ hours. Dish the breast in the centre of a hot dish, with a border of peas round. Remove the fat from the gravy, strain a little over and serve the remainder in a tureen.

CURRIED LAMB (Entrée)

(Agneau au Kari).

2 lbs. best end of neck of lamb	1½ tablespoonfuls curry powder
2 ozs. butter	½ pint good stock
1 onion	1 teaspoonful salt
½ teaspoonful sugar	½ tablespoonful lemon juice
1 tablespoonful cocoanut	Small apple

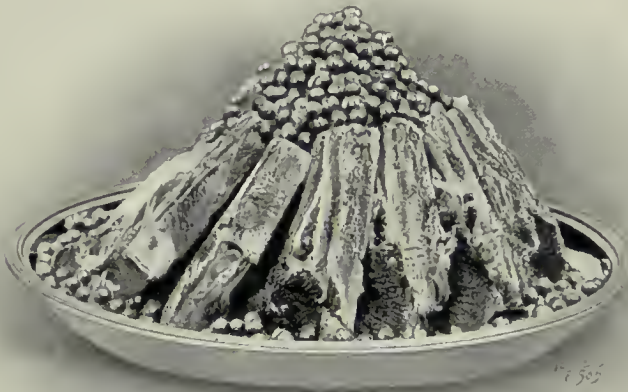
Remove the bones from the lamb, and divide into squares about 1 inch; heat the butter in a pan, and fry in it the lamb until brown; remove and fry the onions, add curry, cocoanut, apple, minced, sugar, stock, and the lamb; simmer slowly 30 to 45 minutes, remove the fat, add salt and lemon juice, dish in a pile with the sauce poured round, and serve with it a dish of curry rice (No. 752).

*LAMB CUTLETS (with Spinach—Entrée)**(Côtelettes d'Agneau aux Épinards).*

2 lbs. spinach
 ¼ pint good white stock
 8 or 9 cutlets from the best end of
 the neck
 1 egg
 ¼ lb. bread crumbs

2 ozs. butter
 2 ozs. flour
 1 small teaspoonful salt
 ¼ do. do. pepper
 Some frying fat

Leave a bone in each cutlet; remove the meat about 1 inch from the top of the bone, also all the fat, saw off the chine bone, and beat with a cutlet bat or rolling pin; brush over each with the egg, beaten, roll in bread crumbs, put into a frying basket and fry in smoking-hot fat for 5 minutes; drain on soft paper; pick, wash, and drain thoroughly the spinach, throw it into a pan with



LAMB CUTLETS WITH PEAS.

plenty of boiling water, containing 1 teaspoonful of salt to each quart. Boil quickly 3 or 4 minutes with the lid off, drain and press out all the water, then rub the spinach through a wire sieve; melt the butter in a saucepan, stir in the flour, then add the stock and boil up, and cook thoroughly 4 minutes; season and add to spinach; press this into a mould well buttered. Turn out on the centre of a hot dish, arrange the cutlets neatly round, and serve with sauce Robert (No. 94).

NOTE.—These may also be served with green peas in the centre.

LAMB'S FRY

(*Friture d'Agneau*).

1 lb. fry
Salt, pepper

1/4 lb. bacon
1 teaspoonful flour

Cut up the bacon into strips, fry till crisp, remove from the pan, cut up liver into strips, put into the pan with the other parts of fry, season, and cook until brown in the fat from bacon; arrange in the centre of a dish, and garnish with the bacon. Pour away nearly all the fat from pan, add 1 teaspoonful of flour and one third of a pint of good stock, boil up, add seasoning, and a little browning if required. Pour over fry and serve.

LAMB PIE

(*Pâté d'Agneau*).

3 lbs. breast, neck, or loin of lamb
1 tablespoonful flour
1 teaspoonful minced parsley
3/4 pint water

3/4 lb. flaky pastry
1 onion
1 teaspoonful salt
1/4 do. pepper
1 blade of mace

Bone the lamb; put the bones in a pan with 3/4 pint cold water, 1 small onion and a blade of mace, and stew for 1 hour; put the flour, salt, pepper and parsley on a plate, divide the meat into small pieces about 2 inches long and 1 inch wide; roll these in the seasoned flour, then roll up each piece, pile them in a heap in a pie dish; add 2 tablespoonfuls of water, line the edges of the dish with the pastry (No. 624), then cover and decorate, brush over the top with egg, bake 1 1/2 hours; when done, strain the gravy from bones, remove the fat, add a little gelatine, then pour into the pie. Allow this to set, and serve cold, with a serviette folded round the dish, and ornamented with a little parsley.

ROAST LAMB

(*Agneau rôti*).

The joints usually made use of for roasting are the fore and hind quarters. For directions, *see* Roasting (No. 232). Mint sauce (No. 84) is generally served with roast lamb.

LAMB'S SWEETBREADS (*Entrée*)

(*Ris d'Agneau*).

4 sweetbreads
Some frying fat
1 egg

4 tablespoonfuls white bread crumbs
Salt
Pepper

Soak the sweetbreads in cold water 2 or 3 hours, dry thoroughly on a clean towel, put into a pan of boiling water for 12 minutes, remove and drop into cold water for 5 or 6 minutes; place between two plates and press until quite set; cut each sweetbread in two, brush all over with the egg beaten, roll in some finely made bread crumbs seasoned with salt and pepper; put into a wire basket and fry a light brown in smoking-hot fat; drain on soft paper; dish in a ring and garnish with cut lemon; a pile of peas or new potatoes in centre, and a rich brown gravy (No. 278) round the base of dish.

No. 276.

BOILED MUTTON

(*Mouton bouilli*).

The leg, breast, and neck may be boiled. The mutton should be put into boiling water and simmered slowly for 2 to 3½ hours. Carrots and mashed turnips and caper sauce (No. 64) should be served with it. The vegetables should be boiled with the mutton and the liquid may be used as broth, in which case some of the vegetables should be cut up small and an onion and a handful of pearl barley added about an hour and a half before dishing.

No. 277.

GRILLED MUTTON CHOPS

(*Mouton Schops*).

These should be cut, 1 inch or more in thickness from the loin; season with salt and pepper, place a little butter or fat on each, put under the gas grill when it is quite red, and grill on both sides, allowing 4 or 5 minutes for each side. Serve plain or with a little pat of butter on each.

MUTTON CUTLETS (*Entrée*)

(*Côtelettes de Mouton*).

6 mutton cutlets	½ wine-glass sherry
1 dessertspoonful arrowroot	½ pint brown stock
1 small onion	Juice of ½ lemon
Salt and pepper	1 oz. butter

Remove all the fat from the cutlets, season with salt and pepper and grill them under gas grill on both sides, it will take about 8 minutes. Meanwhile, heat the butter in a pan, and when brown, fry in it the onion, add seasoning, stock, sherry, lemon juice, and the arrowroot; boil up for 10 minutes, add a few drops of cochineal to make the gravy a rich brown, not red. Strain round the cutlets.

MUTTON CUTLETS (*stuffed with Mushrooms* —*Entrée*)

(*Côtelettes de Mouton farcies aux Champignons*).

6 or 8 thick cutlets	½ lb. mushrooms, minced
1 dessertspoonful minced parsley	Salt and pepper
2 ozs. butter	1 doz. whole mushrooms

To prepare the cutlets saw off the chine bone, and cut them as thick as possible at the bottom, leaving a bone in each, which must be bared about 1 inch from the top, and nearly all the fat removed. To prepare the forcemeat heat the butter in a frying-pan, and when brown add mushrooms, minced, and fry until cooked; strain off the butter, add salt and pepper, split the bottom part of the cutlet through nearly to the bone so as to form a pocket, and insert a little of the forcemeat, skewer together with a fine skewer at the outer edge; grill these from 7 to 8 minutes. Meanwhile prepare the gravy, for which reheat the butter strained from the forcemeat, add 1 tablespoonful of flour and brown it, then add gradually ½ pint of good brown stock, a dozen small mushrooms, pepper and salt, simmer 10 minutes; remove the skewers from the cutlets, dish them in a ring round a mould of mashed potatoes, or any other vegetable, and pour the gravy and mushrooms round the base.

MUTTON CUTLETS (with Oysters - Entrée)

(Côtelettes de Mouton aux Huîtres).

6 cutlets	1/2 doz. oysters
2 ozs. butter	1 teaspoonful lemon juice
Salt and pepper	Pinch of sugar
3 or 4 bottled mushrooms	1 eschalot
1 tomato	1/2 pint brown stock
1 dessertspoonful of arrowroot	

Heat the butter in a frying-pan, and fry in it the cutlets previously trimmed, when done on both sides, lift out and keep warm; fry in the butter the eschalot minced, add the stock in which the arrowroot should be moistened, add tomato and seasoning, and boil 5 minutes, strain and add the oysters, mushrooms cut in strips, sugar and lemon juice; reheat and pour round the cutlets.

MUTTON CUTLETS À LA SOUBISE (Entrée)

(Côtelettes de Mouton à la Soubise).

6 or 8 cutlets	1/2 doz. small onions
1 oz. butter	1 medium-sized potato
1 oz. flour	1/2 teaspoonful peppercorns
3/4 pint good white stock (No. 51)	1 small teaspoonful salt
1/4 pint cream	

Melt the butter in a saucepan, stir in the flour, add the stock and boil up. Saw off the chine bone from the cutlets, bare the upper end of the rib for about an inch, add them to the sauce in the pan, also the onions and potato sliced, peppercorns and salt; simmer slowly about 3/4 hour, take out the cutlets and dish neatly round a heap of asparagus or French beans; rub the sauce through a hair sieve, add the cream, reheat and strain over the cutlets.

MUTTON CUTLETS (with Tomato Sauce - Entrée)

(Côtelettes de Mouton, Sauce Tomate).

2 lbs. best end neck of mutton	1 egg
2 ozs. bread crumbs	Pepper and salt
Some frying fat	

Saw off the chine bone and divide the meat into cutlets, leaving a bone to each; bare the top end of the bone about 1 inch down, pare off the fat and beat the cutlets, put them in shape again, brush over with egg and roll in bread crumbs seasoned with salt and pepper; put in a basket, and fry in smoking-hot fat 7 to 8 minutes, drain on soft paper; dish in a ring, with tomato sauce (No. 97) poured in the centre, not over; or the sauce may be served in a separate tureen.

HARICOT MUTTON

(*Haricot de Mouton*).

2 lbs. best end neck of mutton	1 oz. butter
2 small onions	1 large carrot
1 dessertspoonful mushroom	½ turnip
juice or ketchup	½ teaspoonful salt
1 oz. flour	¼ teaspoonful pepper
½ pint water	Bunch of sweet herbs

Saw off the chine bone, and remove some of the fat, divide into cutlets; flour and fry the cutlets brown in their own fat, remove from pan; heat 1 oz. butter, and fry in that the onion, carrot, and turnip, cut in dice, 10 minutes; add the flour, and when all are slightly brown, add the remaining ingredients and the cutlets; simmer slowly 1¼ to 1½ hours; dish the vegetables in the centre and the cutlets round, remove the fat from the gravy and strain over the mutton.

FRIED KIDNEYS

(*Rognons sautés*)

4 sheeps' kidneys or ½ lb. ox	2 ozs. butter
kidney	Salt and pepper
¼ pint stock	1 teaspoonful minced parsley

Skin the kidneys and slice them very thinly; heat the butter in a small stewpan until brown, add the kidneys and fry quickly with constant shaking for 2 or 3 minutes, then add stock, salt, pepper, and parsley, bring just to the boil, and serve. If liked, leave out 2 tablespoonfuls stock, and substitute the same quantity of sherry.

GRILLED KIDNEYS

(*Rognons grillés*).

2 or 3 kidneys	2 ozs. butter	Salt and pepper
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Skin the kidneys and split open, run a skewer through them, sprinkle with salt and pepper, put a little butter on each. Place under a gas grill, if possible, then the gravy will be caught in the dripping tin, grill on each side 3 or 4 minutes; fry some rounds of bread in the remainder of the butter made hot, then spread over with the gravy from the kidneys, or with a little of the Liebig's Extract of Meat; dish one kidney on each round of bread, garnish with parsley and serve. Grilled kidneys may also be served with bacon.

KIDNEYS (*with Maître d'Hôtel Butter*)
(*Rognons à la Maître d'Hôtel*).

4 sheeps' kidneys		1 oz. butter
A little pepper and salt		2 tablespoonfuls bread crumbs

Skin the kidneys, cut them nearly through, lay them open and run a skewer through them; melt the butter, roll each kidney in it, then cover with bread crumbs and grill 7 to 8 minutes, repeatedly turning them; when nicely brown remove the skewers and replace them with silver hatlet skewers; dish neatly, and place a heap of *maître d'hôtel* butter (No. 79) on each.

STEWED KIDNEYS

(*Ragoût de Rognons*).

3 or 4 kidneys		1 minced eschalot
1 oz. butter		$\frac{1}{4}$ teaspoonful sweet herbs
$\frac{1}{4}$ pint stock		$\frac{1}{3}$ do. salt
1 teaspoonful flour		$\frac{1}{4}$ do. pepper

Skin and cut up the kidneys about $\frac{1}{2}$ inch thick, put on to a plate the eschalot, herbs, salt, and pepper, and roll each piece of kidney in this seasoning; heat the butter in a pan, and when brown fry in it the kidneys, a light brown; remove from pan and add to the butter the flour, and when nicely browned add the stock, allow this to boil up; put back the kidneys and simmer very slowly 20 minutes. Dish on a hot dish, and strain over the gravy.

LEG OF MUTTON (*Boned and Larded*)

(*Gigot de Mouton, désossé et piqué*).

1 leg Welsh mutton		1 oz. of minced bacon
1 good teaspoonful parsley, minced		A dust of nutmeg
$\frac{1}{2}$ lemon rind, grated		2 small eggs
1 teaspoonful salt		1 carrot
$\frac{1}{2}$ teaspoonful pepper		1 turnip
A piece of celery		1 onion
A bunch of parsley		Sweet herbs
3 tablespoonfuls bread crumbs		

Prepare the forcemeat of the bread crumbs, minced bacon, nutmeg, parsley, lemon rind, salt and pepper, mixed all together with 2 eggs; bone the mutton to first joint, fill the cavity with the forcemeat; lard it neatly with small lardoons of bacon, cut about 1 inch long and $\frac{1}{4}$ inch thick; lay at the bottom of a stewpan the carrot, turnip, onion, celery, all cut up, with the herbs and

seasoning; lay the leg on top of these vegetables, pour round enough water to come half way over the mutton, but do not cover; simmer this slowly 2 hours; lift out, and place in the oven about half an hour to brown; reduce the gravy by fast boiling, and remove the fat; dish the mutton, strain over a little of the gravy and serve the remainder in a tureen. If liked, a few mushrooms may be used to garnish the dish, and they should be stewed in the gravy for 10 minutes after the mutton has been removed.

No. 289.

LIVER À LA PROVENÇALE

(*Foie à la Provençale*).

1 lb. sheep's liver
1 lb. onions
 $\frac{1}{2}$ oz. flour

2 ozs. bacon

Salt, pepper
1 tablespoonful parsley
 $\frac{1}{4}$ pint stock

Cut up the bacon small and fry, chop the onions and fry brown in the bacon fat, season with salt and pepper, dust in the flour, add stock; cut up the liver, season, put on top of the onions, cover and simmer half an hour. Dish and sprinkle with parsley.

No. 290.

BRAIZED LOIN OF MUTTON (with Mushrooms)

(*Longe de Mouton braisé, aux Champignons*).

3 lbs. loin of mutton
1 stalk of celery
A bunch of sweet herbs
1 oz. butter
Pepper, salt, and cayenne

About 1 dozen button mushrooms

1 small turnip
1 carrot
2 or 3 cloves
A sprig of parsley
1 oz. of flour

Remove the bone from the mutton, thoroughly rub it with 1 teaspoonful salt, $\frac{1}{4}$ teaspoonful pepper, and a few grains of cayenne mixed; roll up and tie into a neat roll; cut up the celery, onion, carrot, and turnip, and lay them at the bottom of a stewpan with the sweet herbs and parsley; lay the mutton on the top of these, pour round enough water to three-parts cover it, and simmer slowly $1\frac{1}{2}$ to 2 hours; lift the mutton into a dripping tin with a few tablespoonfuls of gravy and set in brisk oven until nicely brown; strain the gravy and skim off the fat; heat the butter in a saucepan, add the flour and brown, then add the gravy gradually, a little pepper and salt, and mushrooms skinned; boil 8 minutes; dish the mutton with the mushrooms round, and the gravy strained over

ROAST MUTTON

(*Mouton rôti*).

The saddle (*selle*), leg (*gigot*) or hind quarter (*quartier de derrière*), and shoulder (*épaule*) or fore quarter (*quartier d'avant*), are the chief joints roasted. For directions, see Roasting (No. 232).

STUFFED SHOULDER OF MUTTON

(*Épaule de Mouton farcie*).

1 shoulder mutton
¼ lb. mushrooms
2 or 3 turnips
1 pint stock
Salt, pepper
3 ozs. bread crumbs

1 dozen small onions
2 or 3 carrots
1 tablespoonful minced parsley
Dust nutmeg
1 egg

Bone the shoulder, leaving in the shank; make a forcemeat with the bread crumbs, parsley, 1 onion and mushrooms, minced, salt, pepper, and nutmeg, mixed with the egg, beaten; with this stuff the shoulder, skewer and tie into a round with the shank on top. Put the butter into a pan, make hot and brown in it the onions, then place in the carrots and turnips, lay the shoulder on top, pour round stock, cover tightly, put in the oven and cook slowly 2 hours. Lift out the shoulder and brown it in a hot oven; remove the fat from gravy. Dish shoulder with vegetables round and strain over the gravy.

IRISH STEW

(*Mouton à l'Irlandaise*).

1 to 2 lbs. neck or scraps of mutton
3 lbs. potatoes
2 onions

¾ pint water
1 teaspoonful salt
¼ do. pepper

Divide the meat into neat pieces, cut up the potatoes roughly, slice the onions, put in a saucepan alternate layers of meat, potatoes, and onions, with a good sprinkle of the salt and pepper between each layer; pour over the water, and simmer very slowly 1¼ to 1½ hours; dish the meat round the edge of the dish, and the potatoes in a heap in the centre, pour over the gravy.

BOAR'S HEAD*(Tête de Sanglier).*

1 pig's head
2 tablespoonfuls chopped parsley
1 lb. bacon, boiled
A small tongue
1 oz. pistachios
Glaze (No. 745)
 $\frac{1}{2}$ lb. butter
Pickle

$2\frac{1}{2}$ lbs. veal
 $2\frac{1}{2}$ lbs. pork, fresh
3 hard-boiled eggs
 $\frac{1}{2}$ bottle mushrooms
Pepper, salt
Aspic jelly (No. 589)
2 raw eggs
Mixed vegetables

The boar's head is a very ancient dish and now almost a thing of the past; a pig's head is generally used in its place, and if prepared carefully makes a very good substitute. Procure a pig's head, singe it, lay it on its face and bone it, then mix 4 lbs. of salt, 1 oz. saltpetre, 6 ozs. brown sugar, a few bay leaves, a few blades of mace, a few sprigs of thyme, marjoram and basil. Rub this well into the head, put in a bowl with the pickle over for about 3 weeks, turning it 2 or 3 times. Take out, wash and wipe and lay it face downwards. Prepare a forcemeat of the veal and pork, chopped very finely, or pounded in a mortar, bind with the eggs beaten, add seasoning and spread over the inside of head; cut up the bacon and tongue into strips, lay across the head, intermixed with hard-boiled eggs and pistachios, draw together with a needle and thread; wrap up firmly in a cloth, and then bind with strips of calico to keep it in shape. Put into a pan with a few sliced vegetables, cover with water or stock, and simmer slowly 4 or 5 hours. Lift out and set aside until the next day, remove the cloths and stitches, wipe off the fat and cover with glaze. Insert the tusks and eyes which are usually kept as ornaments. Dish and garnish with hard-boiled eggs, aspic, and parsley. Lastly decorate the head with $\frac{1}{2}$ lb. of butter worked with a wooden spoon until creamy, put into a forcing bag with a fancy tube; a part of the butter may be coloured with cochineal if liked.

BOILED PORK*(Porc bouilli).*

The pork should be pickled; soak it an hour, put into cold water, bring to the boil and simmer slowly, allowing 20 minutes to the pound. Lift out and serve with boiled parsnips. The leg or shoulder is usually boiled.

BRAWN

(*Fromage de Tête de Porc*).

One pig's head pickled
Blade of mace
4 cloves

Dust of sweet herbs
Salt
Pepper

Wash the head thoroughly, remove all veins, &c.; put into a pan with the other ingredients, cover with water, bring slowly to the boil, skim well, boil gently until the meat is tender and falls from the bones; take out the tongue and skin it. Remove the meat and boil the stock down to about 1 quart. Remove the fat, cut up the head and tongue, mix together with the stock, pour into a mould. When cold, dip in warm water and turn out.

PORK CUTLETS

No. 297.

(*Côtelettes de Porc*).

1 tablespoonful minced parsley
4 cutlets
½ teaspoonful sage
1 onion medium size

1 oz. butter
¼ pint stock
1 teaspoonful flour
Salt and pepper

Make the butter hot, throw in parsley, sage, and onion minced, then the cutlets seasoned and floured: fry a nice brown, dish; add 1 teaspoonful of flour to butter, ¼ pint of stock, and ¼ teaspoonful of the Liebig Company's Extract of Meat; boil up and pour round cutlets.

BAKED HAM

No. 298.

(*Jambon au four*).

Soak the ham in cold water 12 hours, trim neatly. Cover with a paste made of flour and water. Bake in a moderate oven allowing about 20 minutes to the pound. When done remove the paste, skin, cover with brown bread crumbs, or with glaze, &c., as boiled ham (No. 299).

No. 299.

BOILED HAM

(*Jambon bouilli*).

If the ham is very salt soak it for a few hours. Put into a saucepan containing enough water to cover, bring to the boil and simmer slowly, allowing about 20 minutes to the pound. Leave in the water until nearly cold, lift out and remove the skin. Cover with browned bread crumbs with a little sugar mixed with them,

put a frill on knuckle and serve. This may also be glazed (No. 745), decorated with butter worked to a cream and put through a forcing bag and tube.

No. 300.

PIG'S LIVER (*with Fine Herbs*)

(*Foie de Porc aux Fines Herbes*).

$\frac{1}{2}$ a pig's liver	2 tablespoonfuls minced parsley
$\frac{1}{4}$ lb. bacon, finely minced	Caul
2 tablespoonfuls eschalots, minced	Salt and pepper
2 tablespoonfuls onions, minced	$\frac{1}{4}$ teaspoonful powdered herbs
4 tablespoonfuls capers	

Mix together the bacon, eschalots, onions, capers and parsley; make some cuts *across* the liver on its smooth surface about a finger's breadth apart, sprinkle in each cut a little salt, pepper and herbs, then put in each some of the forcemeat. Spread out a large piece of caul, cover the centre with a thin layer of forcemeat, lay the liver on this, cover with the rest of the forcemeat, fold the caul over the liver and tie or stitch it up; put in a dripping tin and cook in a slow oven about an hour, basting occasionally; drain and serve on a dish with a little gravy.

No. 301.

RAISED PORK PIES

(*Pâtés de Porc*).

1 lb. flour	2 lbs. pork
1 egg	Salt
4 ozs. lard	Pepper

A little sage may be added if liked.

Add salt to flour, and rub in 2 ozs. lard. Make a well in the centre; break in the egg unbeaten. Warm the lard in about a quarter pint of water. Pour over the egg and work into a paste, adding more water if necessary. Set aside to cool. Cut up the pork into small squares and season well. Moisten with just a little water. Stew the bones in water to make the gravy; season and remove the fat. Take the pastry and divide into equal parts according to size of pies required, take a little of each portion for the lid. Now work each piece of pastry round a bottle or wooden mould made for the purpose, until you get it the height and thickness necessary; nearly fill with the pork; roll out the small portions of pastry the right size to cover, wet the edges, lay on top and crimp the edges; make a little hole in one side of the top, pin lightly round each a band of greased paper, brush the top with egg, and bake on tin about half an hour or more according to size. Pour in gravy by means of a funnel through the hole.

ROAST PORK

No 302

(*Porc rôti*).

The loin (*longe*), ham (*jambon*) and shoulder (*épaule*) are the joints most often roasted. The pork should be young, and the skin finely scored. Stuff with pork stuffing (No. 743), rub salt over the skin and proceed as under Roasting (No. 232), allowing 16 minutes to the pound. Apple sauce (No. 57) is usually served with pork.

ROAST SUCKING PIG

No. 303.

(*Cochon de Lait rôti*).

1 small sucking pig
2 ozs. butter
1 onion
6 ozs. bread crumbs
Salt and pepper

Dust of minced herbs
Sage
½ pint stock
4 tablespoonfuls mushroom ketchup
1 tablespoonful flour.

The pig should not be more than a month old. It is usually supplied ready scalded and cleaned. Boil the liver and heart in water with a little salt until quite tender, take out and drain. Heat the butter in a frying-pan, brown in it the onion minced, add the heart, liver and kidneys of the pig, also minced, the bread crumbs (first soaked in cold water and well wrung in a towel), salt, pepper, sage and herbs, and mix all together over the gas; stuff the pig with this forcemeat and sew it up, truss so as to keep the legs stretched out, and roast in a moderate oven for 2 to 2½ hours, basting occasionally with butter and sprinkling with salt and pepper. When done, put on the dish and remove the stitches. Pour away the excess of fat from the dripping tin, add to the remainder the flour, brown it over the gas, add the stock and mushroom ketchup, season with salt and pepper, boil 3 minutes and serve with the pig. Apple sauce is usually served with this dish.

NOTE.—The stuffing may be varied by using mashed potatoes instead of soaked bread crumbs, or veal forcemeat (No. 744) may be used. Stewed cranberries may take the place of apple sauce.

No. 304.

BREAST OF VEAL (*Boned and Stuffed*)

(*Poitrine de Veau, désossée et farcie*).

Bone the breast of veal, prepare veal stuffing and proceed as directed under breast of mutton (No. 269).

This dish may also be prepared and dressed in the same way as galantine of fowl, either glazed or in aspic (No. 348).

VEAL CUTLETS (*Entrée*)

(*Côtelettes de Veau*).

1½ lbs. fillet of veal	¼ lb. bread crumbs
½ lb. bacon	½ teaspoonful grated lemon rind
1 egg	Salt and pepper

Divide the fillet into neat pieces. Season slightly with salt and pepper. Mix seasoning with bread crumbs, also lemon rind. Brush the fillets over with the beaten egg. Roll in the seasoned crumbs, fry 5 minutes in smoking-hot fat, drain, and serve round the dish with a piece of bacon on each. The bacon should be rolled and grilled first. A brown gravy or tomato sauce may be served with this dish.

BRAIZED FILLET OF VEAL

(*Filet de Veau braisé*).

4 lbs. fillet veal	1 carrot
1 onion	1 turnip
1 stalk celery or ½ teaspoonful celery seed	¼ lb. fat bacon
A bunch of sweet herbs	2 sprigs parsley
	Force meat (No. 744)

Remove the bone from the fillet and fill the hollow with the forcemeat; cut some even pieces of fat bacon 1 inch long, ¼ inch square, and with these lard the fillet on the top; put in a saucepan the vegetables cut up, also the herbs and parsley, lay the fillet on the top of this and pour round enough boiling water or stock to three-parts cover it, add the juice of half a lemon, cover with buttered paper, see that the lid fits firmly, and simmer very gently 2 to 2½ hours; lift the fillet into a tin, pour round a little gravy and put in a sharp oven for 20 minutes to brown; meanwhile reduce the gravy by boiling it fast with the lid off; dish the veal and strain over the gravy; decorate the dish with cut lemon and forcemeat balls if liked (No. 734).

FRICASSÉE OF VEAL (*Entrée*)

(*Fricassée de Veau*).

Proceed as for fricassée of fowl (No. 347).

GÂTEAU OF VEAL

(*Gâteau de Veau*).

2 lbs. neck of veal
A little grated lemon rind
1 teaspoonful chopped parsley

1 pint stock or water
Salt and pepper
½ lb. lean ham

Cut up the veal and simmer gently in the stock or water until tender, then remove the meat and boil the bones in the stock for an hour and a half. Cut up the ham into squares, mix with the meat cut up and season with salt, pepper, parsley and lemon rind. Lay at the bottom of a plain mould some hard-boiled egg cut up, then put in the meat and ham, skim fat off the stock, add seasoning, pour over the veal, &c. Cover with a greased paper, put into a slow oven for half an hour and set aside to cool. Dip in warm water and turn out.

No. 309.

HARICOT VEAL

(*Haricot de Veau*).

2 lbs. best end neck of veal
½ pint peas
4 small onions
1 teaspoonful salt
⅓ do. pepper

1 small cauliflower
1 pint good stock
1 oz. butter
½ oz. flour
1 teaspoonful lemon juice

Divide the meat into neat cutlets, heat the butter till brown, brown in it the onion, add the flour, also the stock gradually, and when boiling add the veal, pepper and salt, simmer slowly 1 hour; partly boil the peas and cauliflower, drain them and add them to haricot, simmer until vegetables are tender, add the lemon juice; dish the cutlets in the centre of a hot dish, the vegetables and gravy round; garnish with forcemeat balls (No. 734) and cut lemon.

No. 310.

BOILED CALF'S HEAD

(*Tête de Veau bouillie*).

1 head
1 carrot

1 onion

Dip the head into boiling water for a few minutes, lift out and rub with a towel. Bone it by cutting down the centre of head to the nose, remove the bones and take out the tongue and brains; tie the head up in a cloth, boil slowly until tender, about 2½ to 3 hours. Boil the tongue with the head, also tied up in a cloth, and about half an hour before the head is done drop in the brains tied up.

Dish the head, clip the ears, skin the tongue and cut up into pieces slice the brains, arrange round the dish alternately as a garnish. Serve with parsley sauce (No. 88). Tomato sauce may also be served with this dish. If preferred, the head may be brushed over with yolk of egg and thickly covered with brown bread crumbs.

No. 311.

BROCHETTES OF CALF'S KIDNEY

(Brochettes de Rognon de Veau).

1 kidney	1/4 lb. bacon
Salt, pepper, parsley	1 oz. brown bread crumbs
1 oz. of butter	

Cut the kidney in slices about one-third of an inch thick; season with salt, pepper, and minced parsley; thread on a skewer alternately with the bacon cut in same way; roll in the butter, melted, sprinkle with brown bread crumbs and grill about 8 to 10 minutes.

No. 312.

KIDNEY CROQUETTES (Entrée)

(Croquettes de Rognon de Veau).

1 calf's kidney	1 tablespoonful minced ham
Salt, pepper	Very small piece minced onion
1 1/2 ozs. flour	A dust of sweet herbs
1/2 pint good stock	1/4 lb. bread crumbs
1 yolk, raw	Some fat for frying
1 whole egg	1 teaspoonful parsley
2 ozs. butter	1/2 oz. glaze
1 glass sherry	

Cut the kidney into slices, heat the butter until it be-
 turn brown, then throw in the kidney, onion, her-
 2 minutes, shaking the saucepan occasionally; ^{bs, and fry}
 into another pan and pour over the kidney the stock ^{strain the}
 simmer slowing 10 minutes; remove from the pan and minc-
 finely, add ham and a dust of minced parsley. Meanwhile add the
 flour to the butter, add half the gravy and stir until smooth and a
 thick paste, boil 3 minutes; now add kidney, yolk of egg, and
 seasoning, mix well and spread on a plate to cool; when cold
 form into cork shapes, brush over with the whole egg, beaten, roll
 in finely-made bread crumbs and fry in a bath of hot fat; garnish
 with cut lemon and parsley; add to the remainder of the gravy
 1/2 oz. of glaze, season and serve in a tureen.

CALF'S KIDNEY A LA DUBOIS

(Rognon de Veau à la Dubois).

1 calf's kidney
¾ pint stock
1 teaspoonful flour
Minced parsley
1 tomato

1 small onion
2 ozs. butter
Salt and pepper
Lemon juice
¼ lb. mushrooms

Put the butter into a pan, make it hot, add half the onion, minced, and fry brown; now add the kidney coarsely minced and seasoned with salt and pepper, fry for about 2 minutes over a hot fire, remove from pan, add flour and stock, seasoning, tomato skinned and cut up, mushrooms whole if small; boil 6 minutes, add the kidney, lemon juice and parsley; pour into a dish and garnish with toast and cut lemon.

STEWED KNUCKLE OF VEAL

(Jarret de Veau à l'étuvée).

A knuckle of veal
2 or 3 cloves
Salt

1 good sized onion
A bunch of sweet herbs
Pepper

Put veal into saucepan with 1 pint of water, simmer slowly 3 hours. The last hour and a half add onion, cloves, herbs and seasoning. When cooked, lift out the veal and thicken the gravy with a little flour, boil up and serve with veal.

LIVER AND BACON

(Foie de Veau au Lard).

1 lb. calf's liver
6 ozs. bacon

Flour, salt, and pepper.

Cut the liver into even slices, also the bacon. Fry the bacon remove from the pan and fry the liver in the fat on both sides. Lift out. Pour away a little of the bacon fat, dust in about a teaspoonful of flour, add ¼ pint of water, ½ teaspoonful of the Liebig Company's Extract of Meat and seasoning. Boil up. Dish the liver and bacon alternately. Pour over and round the gravy. Sometimes a little onion is fried with the liver.

BAKED LIVER*(Foie de Veau étuvée).*

1 dessertspoonful mushroom ketchup	Salt
1 lb. calf's liver	Pepper
1 small onion	1 teaspoonful minced parsley
¼ teaspoonful sweet herbs	3 ozs. bread crumbs
	3 ozs. fat bacon

Cut the liver into slices $\frac{1}{3}$ of an inch thick, dry it thoroughly, lay the slices in a well buttered dripping-tin; make a forcemeat of bread crumbs, parsley, sweet herbs, salt, pepper and onion minced, cover each strip of liver with this, and on the top place a strip of bacon; pour round this $\frac{1}{2}$ pint of stock and bake slowly $\frac{3}{4}$ hour; dish in a ring, taking care not to disturb the forcemeat and bacon; strain the gravy round the base.

BROCHETTES OF CALF'S LIVER*(Brochettes de Foie de Veau).*

½ lb. liver	½ lb. veal
¼ lb. bacon	2 ozs. brown bread crumbs
Salt, pepper, parsley (minced), and 1 oz. butter	

Cut the liver, veal and bacon in equal-sized squares about 3 inches, and half an inch thick, except the bacon, which should be cut thinly. Season with salt, pepper and parsley. Thread alternately on a skewer, roll in the melted butter and sprinkle with the brown crumbs. Grill about 10 to 12 minutes.

CALF'S LIVER (with Eschalots)*(Foie de Veau à l'Échalote).*

1 lb. calf's liver	2 or 3 eschalots, minced
Flour	½ tablespoonful parsley, minced
2 ozs. butter	Juice of 1 lemon

Cut the liver into slices about $\frac{1}{2}$ a finger's breadth thick and flour them. Melt the butter in a frying-pan, sprinkle in the eschalots, range on top the liver and fry quickly, turning the liver over to cook both sides: 7 to 8 minutes is enough. Arrange the liver on a dish; mix the parsley and lemon juice with the butter in pan and pour over the liver.

FRIED CALF'S LIVER

No. 319.

(*Foie de Veau pané*)

1 lb. calf's liver
Salt and pepper
Flour
1 egg

3 ozs white bread crumbs
2 ozs. butter
1 lemon

Cut the liver in slices about a finger's breadth thick and trim them to equal form; season with salt and pepper, flour them, brush over with beaten egg and roll in the bread crumbs. Heat butter in frying-pan until brown, put in the slices of liver and fry quickly to a nice brown on both sides; put on a dish, pour over them the butter from pan and serve with cut lemon.

ROAST CALF'S LIVER (*Larded*)

No. 320.

(*Foie de Veau piqué rôti*).

1 calf's liver
Fat bacon
Garlic
Salt
Pepper
Salad oil

Bunch of parsley
Onions, minced
Carrot
 $\frac{1}{2}$ glass vinegar
Stock
Arrowroot

Cut the bacon into lardoons about 1 inch in length and with them lard the smooth surface of the liver. Let it stand 2 hours in a bowl with salt, pepper, oil, parsley and onions, turning over occasionally. Cover the bottom of a flat stewpan with the remains of bacon, carrot and onion, remove the liver from its pickle and lay on top, cover with a piece of buttered paper and cook in a moderate oven, basting from time to time with butter. After cooking $\frac{1}{2}$ hour add the vinegar, continue the basting till done. When finished put liver on a dish, add stock to contents of pan, strain, remove fat from gravy, moisten arrowroot with a little of the liquid, add to gravy, boil up and pour over the liver.

STEWED LIVER

No. 321

(*Foie de Veau à l'étuvée*).

$\frac{1}{2}$ lb. calf's liver
1 onion

$\frac{1}{4}$ lb. bacon
 $\frac{1}{2}$ pint water
1 teaspoonful of flour.

Slice the onion, lay the liver on top in a saucepan and the bacon on the top of the liver. Pour water or stock round. Simmer slowly for an hour or until tender. Remove the liver, garnish the dish with the bacon, skim fat off the gravy and add flour and seasoning. Boil down to a quarter pint. Strain round the liver.

VEAL À LA MARENGO (*Entrée*)

(*Veau à la Marengo*).

2 lbs. veal, fillet
4 ozs. of bacon
2 doz. small onions
2 tomatoes
1 teaspoonful flour

2 ozs. butter
Salt, pepper
Bunch sweet herbs
Cayenne
 $\frac{1}{3}$ pint stock

Make the butter hot in a pan and fry the onions brown, remove these from the pan, divide the veal into neat fillets and fry lightly in the butter, put back the onions, place the fillets on top with pieces of bacon on each, add stock, seasoning and herbs. Cover tightly and simmer slowly over a very small gas jet, or put the pan in a slow oven for about three quarters of an hour. Strain off the gravy, remove the fat, add the tomatoes cut up, the flour worked up with half an ounce of butter, boil 10 minutes, pass through a sieve. Dish the veal, arrange the onions round and pour over the gravy.

No. 323.

MINCED VEAL

(*Hachis de Veau*).

1 lb. cold veal, free from fat,
minced
1 oz. butter
 $\frac{1}{2}$ teaspoonful salt

$\frac{1}{4}$ teaspoonful pepper
 $\frac{1}{2}$ pint very good stock or gravy
1 oz. flour
A little lemon juice

Melt the butter in a pan, stir in the flour, add the stock, boil 3 or 4 minutes, then add veal and seasoning; heat through, but do not boil; dish in a heap in the centre of a dish and garnish with toast, cut lemon and parsley. The gravy or stock may be made by stewing any veal bones, with a carrot, turnip, onion, bunch of sweet herbs, a sprig of parsley and a strip of lemon rind for an hour.

No. 324.

STEWED NECK OF VEAL

(*Carré de Veau à l'étouffée*).

Joint the neck of veal and proceed as directed under stewed rabbit (No. 391). When dishing, add a few drops of lemon juice.

VEAL OLIVES (*Entrée*)(*Olives de Veau, farcies*).

1½ lbs. fillet of veal
 1 tablespoonful suet
 ⅓ lemon rind, grated
 ½ teaspoonful salt
 ¼ do. pepper
 A few grains cayenne
 1 oz. butter
 ¾ pint water or stock

½ lb. fat bacon
 2 ozs. bread crumbs
 ¼ teaspoonful sweet herbs
 ½ do. minced parsley
 A dust of powdered mace
 1 egg
 1 oz. flour
 8 or 9 mushrooms

Divide the fillet into thin pieces 5 inches long, by 2½ inches wide and beat them quite flat; lay on the top of each a thin strip of bacon, then spread on the top of that a thin layer of forcemeat made with bread crumbs, sweet herbs, parsley, mace, suet, lemon rind, salt, pepper and cayenne, all mixed with the egg; roll up and skewer; heat the butter in a pan, when brown put in the veal olives and brown them; remove from pan, add the flour and brown, then add three-quarters of a pint of water or stock, boil up, put back the olives and simmer slowly 1¼ hours; about 10 minutes before dishing, drop into the gravy 8 or 9 button mushrooms, skinned; dish the olives on a hot dish with the mushrooms round; strain over the gravy and decorate the dish with parsley and cut lemon.



VEAL AND HAM PIE.

VEAL AND HAM PIE

No. 326.

(Pâté de Veau et Jambon).

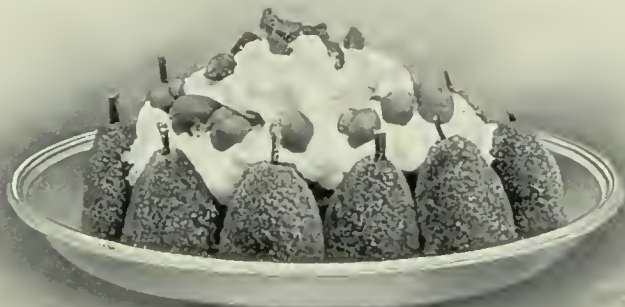
1½ lbs. veal	½ lb. ham
2 hard-boiled eggs	1 tablespoonful flour
A few grains cayenne	1 teaspoonful salt
½ teaspoonful grated lemon rind	⅓ do. pepper
Rough puff pastry (No. 624)	

Cut the veal and ham into very thin pieces; mix on a plate the flour, salt, pepper, lemon rind and cayenne, roll in this seasoning each piece of veal and lay in a pie dish, alternately, layers of veal, ham and egg, cut in slices; pile this in the centre of the dish, add 2 tablespoonfuls of water; line the edge of the dish, cover and decorate with the pastry and bake in a rather hot oven until risen, then cook slowly, about 1½ hours altogether; when baked add a little very good seasoned stock, which should become a jelly when the pie is cold, or a little gelatine may be added; garnish with parsley if served cold.

No. 327.

VEAL (*with Potato Croquettes—Entrée*)

(Veau aux Croquettes de Pommes de Terre).



VEAL WITH POTATO CROQUETTES.

1 lb. of cold roast veal	¼ pint cream
½ bottle button mushrooms	2 tablespoonfuls of the liquid
¼ lb. tongue or boiled ham	from the mushrooms
1 oz. flour	Salt, pepper, and a little lemon
1 oz. butter	juice
¼ pint good stock	Yolks of 2 eggs

Cut the veal into thin slices and stamp out into rounds about 1 inch in diameter, also the ham or tongue, and slice the mushrooms. Melt the butter in a saucepan, add the flour, stir until smooth, then add stock, cream and liquid from the mushrooms, pepper, salt and lemon juice, boil 3 minutes; pour over the yolks of eggs and pass through a fine hair sieve; put back into a saucepan, add the veal, ham and mushrooms; stand the pan inside another saucepan of hot water until heated through, taking care it does not boil or the sauce will become curdled and spoiled. When hot pile in the centre of a dish, and garnish alternately with cut quarters of lemon and croquettes of potatoes (No. 220).

No. 328.

ROAST VEAL

(*Veau rôté*).

The fillet (*filet*), loin (*longe*) and shoulder (*épaule*) are the chief joints for roasting.

Stuff the joint with veal stuffing (No. 744), cover with fat bacon, and roast according to directions under Roasting (No. 232).

The fillet and shoulder are usually boned. The dish may be garnished with rolled pieces of fried bacon and cut lemon.

No. 329.

SWEETBREADS (with Calf's Brains—*Entrée*)

(*Ris de Veau aux Cerveilles*).

2 sweetbreads
 ¼ lb. bread crumbs
 2 tablespoonful minced parsley
 2 eggs
 1 bay leaf
 ¾ pint white stock
 Blade of mace

1 set of calf's brains
 ½ lb. thinly-cut boiled ham
 4 button mushrooms
 ¼ onion
 Bunch of sweet herbs
 1 oz. butter
 1 oz. flour

Soak the brains in some salt and water for 2 hours, remove the skin; put them into a pan with the stock, onion, mace, bay leaf, sweet herbs and button mushrooms; bring slowly to the boil and simmer gently 5 minutes; remove the brains and rub through a wire sieve, also the mushrooms; mix with them a little seasoning and the yolk of egg; soak the sweetbreads 2 hours in lukewarm water, drop in boiling water for 1 minute, take out and immerse in cold water for a minute, then put them in the stock in which the brains have been boiled and simmer slowly 15 to 20 minutes; remove and press until cold; cut in neat slices about one-third inch thick, thickly cover one side with the brains, &c.; mix

with the crumbs the parsley and a little salt and pepper, beat up an egg and entirely cover each piece of sweetbread; roll in the bread crumbs and fry in smoking-hot fat a light gold; drain on soft paper, cut a round of bread about 2 inches thick, 8 inches long, and 5 inches wide, take out the centre, fry this in hot fat, place in the centre of the dish, arrange the sweetbreads neatly round, with a thin piece of ham between each, stamped out the same size as the sweetbread and warmed in the stock; fill the centre with any seasonable vegetable, or any of the brain purée that may be left, and pour round a white sauce, prepared as follows:—Put the butter into a pan, and when melted add the flour, stir until smooth, then add the stock in which the sweetbreads have been boiled, first removing the fat, a tablespoonful of liquid from the mushrooms, and as much cream as will reduce it to the thickness of good cream; season and strain round the base of the dish.

No. 330.

SWEETBREADS (in Brown Gravy—Entrée)

(Ris de Veau au Jus).

Prepare as (No. 331). When cooked lift the sweetbreads into a dripping tin, and brown them quickly under a gas grill or in front of a sharp fire; put 1 ounce of brown glaze into the gravy (instead of the flour) and strain round the sweetbreads.

No. 331.

SWEETBREADS (Larded—Entrée)

(Ris de Veau piqués).

2 or 3 sweetbreads
Bunch of sweet herbs
 $\frac{1}{2}$ pint stock
 $\frac{1}{4}$ lb. bacon
Salt and pepper

1 carrot
1 onion
A few sprigs parsley
 $\frac{3}{4}$ oz. flour
1 oz. butter

Steep the sweetbreads in cold water 2 hours, changing the water several times; drop them in boiling water 3 minutes, lift out into cold water for 15 minutes; drain, remove the skin and fat, press them for half an hour between two plates, divide the bacon into neat lardoons, and lard them; put all the vegetables (sliced) at the bottom of a pan, lay on top the sweetbreads, pour round the stock and simmer slowly half an hour. Melt the butter in another pan, add the flour and stock from sweetbreads, boil 5 minutes, dish the sweetbreads and strain over the sauce.

*CALF'S SWEETBREADS (with Green Peas—
Entrée)*

(Ris de Veau aux Petits Pois).

2 or 3 calf's sweetbreads		2 or 3 ozs. butter
3 ozs. bread crumbs		1 egg
Green peas		Seasoning

Soak the sweetbreads, wipe and drop into boiling water for a few minutes, lift out, dry, cut in half, season, brush over with egg, and roll in the crumbs. Make the butter hot and fry in it the sweetbreads on both sides; dish, pour over the butter, and garnish with the peas, purée of spinach or mixed vegetables.



POULTRY AND GAME.

UNDER the designation "Poultry" are included the Fowl, Capon, Guinea-fowl, Turkey, Goose, Duck, and Pigeon. Almost any wild bird or animal which is hunted or shot is reckoned as "game." The Rabbit is included in this section for convenience. Poultry and rabbits should be cooked whilst fresh, but game is usually hung for a longer or shorter time, according to taste.



FWL TRUSSED FOR ROASTING—(FRONT VIEW).

TRUSSING.

BIRDS for roasting. The following general description serves for Fowls, Turkeys, Pheasants, Pigeons, Partridges, &c.

The birds being drawn, wiped and singed, and the head removed—or not, as preferred—chop off the toes and spurs quite short, turn the wings in under the back so that the tips are made to overlap the first joints. Bend the legs well forward and fasten with a skewer, which must pass through the wing and leg, close to their middle joints, under the body, and through the limbs of the other side. Bend back the legs, and



FOWL TRUSSED FOR ROASTING—(BACK VIEW).

secure in position with a second skewer, passing through them near their first joints and through the body, or they may be fixed with twine; a third skewer may pass through the toes.

Sometimes birds are cooked with the liver and gizzard fixed on the wings, but these may with advantage be removed before roasting, and used for other purposes. The appearance of a fowl may be improved by slipping the scissors under the skin of the breast, snipping through the breastbone and pressing it flat. If the bird is not very young, it may be better to draw the sinews. To accomplish this, cut through the skin round the first joint of the leg to expose the tendons, then give the leg a twist and a strong pull. In the case of a turkey, each sinew should be drawn separately by slipping a steel underneath and pulling steadily. The result often more than repays all the trouble taken.



PHEASANT TRUSSED FOR ROASTING—(FRONT VIEW).

If the breast of the bird is to be stuffed, the forcemeat is introduced under the loose flap of skin from the neck; this fold is afterwards tucked under the first trussing skewer. When the head is not removed it may be drawn to the side and fastened with the first or second skewer (*see* plates).

PARTRIDGE and other small game birds may have the legs crossed after the middle joint has been fixed in position.

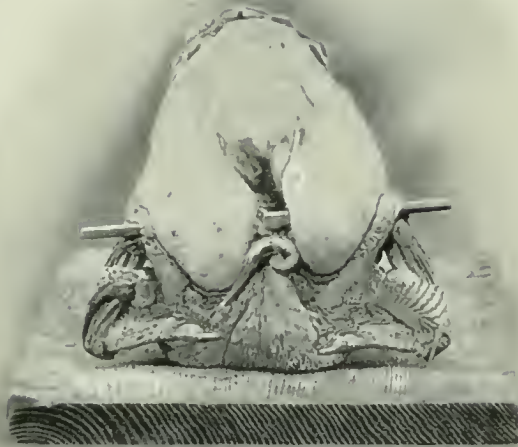


PHEASANT TRUSSED FOR ROASTING—(BACK VIEW).

FOR BOILING.—The bird is prepared as for roasting, except as regards the legs. The feet are usually cut off entirely, the sinews drawn, the skin loosened from the whole of the thigh and the leg thrust well in under the skin.



FOWL, TRUSSED FOR BOILING—(FRONT VIEW).



FOWL TRUSSED FOR BOILING—(BACK VIEW).



DUCK TRUSSED FOR ROASTING—(FRONT VIEW).

DUCKS AND GEES.—The head is removed and pinions trussed in the usual way, the feet cut off and legs fixed close to the sides with skewers or twine. Sometimes the feet are left on a duck, in which case they should be scalded and rubbed with a cloth, then after fixing wings and legs the feet are bent back underneath the body by breaking the joints and secured in position.



DUCK TRUSSSED FOR ROASTING—(BACK VIEW).

SNIFE AND WOODCOCK are treated somewhat differently. The head and neck are skinned and the bird very carefully plucked; the wings are secured in the usual position and the thighs brought close to the sides. The head may either be drawn round and the beak run in under a wing, or the long beak may be made to transfix thighs and body, acting as a skewer; the legs may then be crossed as with other small game birds. These birds are usually cooked without being drawn; sometimes plovers are treated in the same way. As in the case of the Red Mullet, various reasons, too fantastic and absurd to justify mention, have been assigned for the practice. Great delicacy in feeding is probably

the only argument which might have any weight, but unfortunately it cannot apply exclusively to these birds any more than to the mullet amongst fish, which has been already referred to (page 40) as not at all remarkable in this respect. I am assured by Professor Herdman that there is not any phenomenon of their organization or habits which can, in any way, account for this custom. It may possibly have arisen in some ancient superstition, but perhaps we may not be far wrong in supposing that it originally sprang from a desire to save the *liver* in the body of the bird, as Dubois directs for the mullet (page 40).

HARE.—After stuffing and sewing up, a hare may be trussed in simple fashion by drawing the fore legs backwards and the hind legs forward quite straight along the sides and fastening with skewers; it may be necessary to make little cuts behind the joints so that the limbs may be straightened out. The tail may be turned up and pinned to the back, and the head fastened upright. Various fanciful methods are sometimes used (*see* plate).



HARE TRUSSED FOR ROASTING.

BONING OF BIRDS. — A bird for boning must not be drawn; it should be plucked with extreme care, so as to leave the skin

quite unbroken, singed, wiped, and the head cut off. Draw the sinews of the legs as directed under "Trussing," bare the bone of the drumsticks for about an inch, and chop off; also remove the wings at first joint. Lay the bird on its breast, tail-end towards you, and make an incision down the centre from the neck to the tail. Keeping the knife close to the bones, proceed to raise the skin and flesh from one side of the incision, beginning in front. After a little scraping, the shoulder-blade is reached; work over this to the joint of wing; sever this, pull up the wing bone, scrape off the meat, and remove the bone entirely. Next work backwards towards the hip-joint, give this a twist to dislocate it, scrape off enough flesh to enable you to seize the bone, draw it out and remove in the same way as the wing. Proceed to scrape away the meat from the breast-bone, after which turn the bird round and bone the other side in the same fashion. Carefully remove the merry-thought, and slip the knife between the skin and the ridge of the breastbone; this must be done with the greatest care to avoid cutting the skin, as there is not any flesh present. Take hold of the carcass in one hand, the skin in the other, and gently draw apart so as to strip the body towards the tail, and cut away. This method is generally followed when the bird is required for a galantine (*see* Nos. 348 and 366).

When it is desired to stuff the bird and keep a resemblance to its original shape, the first cut is made from the neck just to the middle of the back, also the lowest bones of the limbs, and the end of the back-bone, with tail, are left in place. The bird is stuffed, sewn up, trussed as naturally as possible, and bound with tapes to keep in shape. The stuffing usually consists of soaked and pressed bread crumbs, well-seasoned with salt, pepper, nutmeg and sweet herbs, bound with egg; it must be well pressed into the limbs and body to replace the bones. The bird is usually roasted and served with a good gravy, the forcemeat forming a foundation to facilitate the carving.

COOKING OF POULTRY AND GAME.

ROASTING.—This, the most generally used method, can be perfectly carried out by means of the **Gas Cooking Range**. It is important to remember that the bird, or joint, must not be put into a dripping tin, but laid on one of the grid shelves placed about 6 or 8 inches above the burners. The oven should be made hot first of all, and the gas turned down on putting in the bird. If birds, hares, &c., are covered with fat bacon, or greased paper, basting will not be needed. Some minutes before they are done the covering is removed, and they are allowed to brown, turning up the gas if necessary; browning may be assisted by rubbing over with a little butter and dusting with flour, after removing the bacon. Turkeys and Geese may be hung tail downwards from the top of the oven, or from a grid shelf placed near the top, using the hook supplied with the range. Gravy is made as directed in No. 232, and special gravies are given in the recipes.

BOILING.—The chief point of importance is to put the bird in boiling water at first; then to simmer slowly until cooked; in this way the juices are prevented from escaping, and the flesh rendered tender. Steaming can advantageously take the place of boiling.

STEWING.—The smaller burners on the **Gas Range** are particularly useful for this process. Several names are in common use to designate varieties of stews. *Ragoût* is applied to a rich brown stew of fresh meat; *Fricassée* to a white stew with white sauce (often containing egg) and fancy garnish; and *Salmis* to a highly seasoned and flavoured stew of cooked or partly-cooked game.

CURRIES.—These may be defined as stews, in which the dominant flavour is derived from Curry Powder. The most important point in their preparation is to have a really good Curry Powder. Full directions will be found in the recipes.

FRYING.—Many very useful entrées may be made from cold cooked game or poultry, in the form of Croquettes, Rissoles and Cassolettes, directions for making which are given in the recipes. Some confusion seems to exist as to the distinction between “Croquettes” and “Rissoles;” the former consists of a thick mixture formed into shapes and fried, after coating with egg and rolling in bread crumbs; the latter, of a similar mixture enclosed in thin cases of pastry (short or puff) and fried in the same way.

LARDING.—To lard, first cut slices of fat bacon parallel to the rind, then cut them into small pieces about $1\frac{1}{4}$ -ins. long, and about a quarter inch square in section; these strips, known as “lardoons,” are placed in the end of a larding needle, and run through the skin of the bird, &c., so as to leave both ends projecting for an equal distance from the surface. The size of lardoons varies according to size and nature of bird, and to the parts larded. Sometimes truffles are cut up into lardoons and used in the same way.

BARDING.—This is a term applied to the act of covering a bird or joint with slices of fat bacon for roasting; the bacon is usually tied or skewered on.

SAUCES.—Almost from time immemorial it has been customary to serve Apple Sauce with rich birds, such as Geese and Ducks; Bread Sauce, with Turkey, Fowl and some game birds; Jelly, with Hare and Venison; and Browned Bread Crumbs with Game. It would be idle to pretend, however, that in these days of novelty and invention one is obliged to adhere rigidly to any hard-and-fast rule. Leading authorities are constantly devising new Sauces and Garnishes, and there is plenty of scope for the exercise of judgment and artistic display on the part of the *cuisinière*.

CARVING OF POULTRY AND GAME.

All skewers, &c., used in trussing should be carefully removed before sending the dish to table. In carving birds, it is a good plan to plunge the fork well into the body through

the breast, in order to fix it firmly; a second fork can then be used for serving. Where a stuffing is present some of it should be served with each portion.

FOWL.—First remove the legs by cutting backwards between thigh and body until the bone is reached, then force the limb outwards and backwards to expose the joint and sever the connections. If the bird is large, the leg may be divided into two by cutting through at the middle joint with a knife or carving scissors. To remove the wings, commence the cut so as to include a slice of the breast; keep the knife close to the ribs, and when it touches the bone force the wing outwards and cut through. The meat may next be taken from the breast, the merry-thought removed, the breast separated from the back by cutting through the ribs, and the back divided crosswise into two; the tail-end will include the two “*noix*” and the “Pope’s Nose,” which are regarded as special delicacies. The Capon is carved in the same way as Fowl.

TURKEY.—The limbs are removed in the same way as for Fowl, and the legs should be divided at the middle joint; the wing is usually cut so as not to include any of the breast; this latter may be carved lengthwise; or in the case of a very large roast bird, many good slices may be got by transverse or diagonal cuts. The further treatment is as for Fowl.

GOOSE and DUCK.—In the Goose the breast is carved first by slicing lengthwise, in the Duck the limbs are first removed in the usual way, the after treatment of both being as above. Small Ducklings may be divided into 4 pieces by cutting through first lengthwise and then crosswise.

PHEASANT.—This is generally carved precisely as a fowl, but some prefer to remove the wing with as little of the breast as possible.

PARTRIDGE.—If small, the bird may be divided lengthwise into 2, then into 4 if wished: this method applies also to all kinds of small game birds and pigeons. Larger birds may be carved by removing the limbs of each side in 1 piece and then separating the breast from the back, the bird being thus divided into 3 portions.

HARE.—The simplest way of carving this is to cut off the limbs by cutting between them and the body till the knife reaches the joint, then forcing them outwards and severing; the meat of the back may then be carved by transverse cuts, or the body may be cut through into pieces crosswise. The head being reckoned an ornament should be left on to the last, then removed, the jaw bone cut away and the head split open with a short, strong knife, commencing at the tip of the nose. Leveret and Rabbit may be carved in similar fashion.

VENISON.—Most joints of Venison are carved in the ordinary way, but the haunch has a method to itself. Arrange on the dish, with skin side up, and tail towards the carver; make a transverse cut to the bone round the leg just above the first joint; next make an incision from a point near the extremity of the loin, right along the joint to reach the first cut; wedge-shaped slices, about as thick as those made in carving mutton, may then be cut from each side of this incision, a hollow being thus kept in which the gravy can accumulate.



POULTRY.

No. 333.

ROAST DUCKS

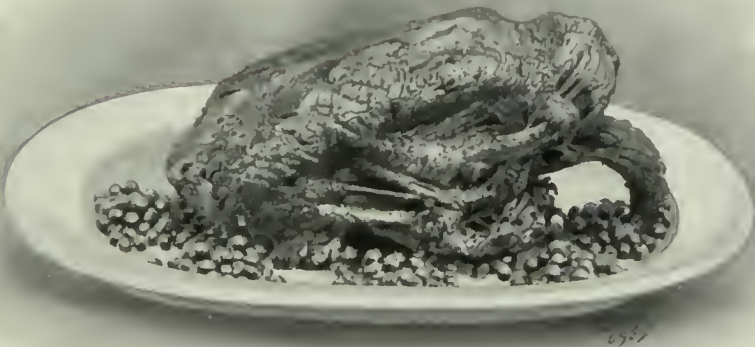
(*Canards rôtis*).

Pluck, singe, draw and wipe the ducks, cut off pinions at first joint, scald and skin the feet but do not remove them; pass a skewer through the pinions, catching also the top part of the legs. Stuff the body with sage and onion stuffing as for roast goose (No. 360). draw together the feet and tie; roast three quarters to 1 hour, basting well, serve with brown gravy made as for roast goose (No. 360).

No. 334.

ROAST DUCKLINGS

(*Canetons rôtis*).

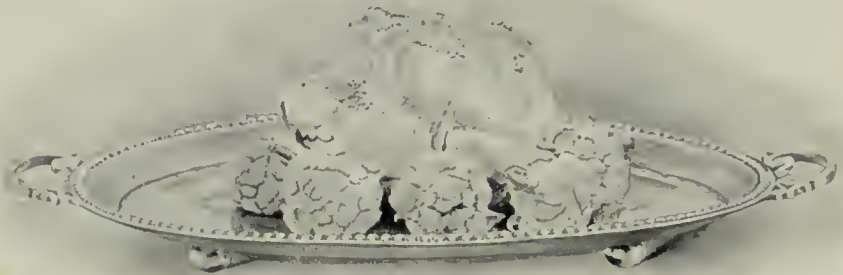


ROAST DUCK, WITH GREEN PEAS.

Prepare and roast as ducks (No. 333), leaving out the stuffing. The dish may be garnished with green peas.

BOILED FOWL*(Poulet bouilli).*

To truss the fowl for boiling, the legs should be removed from the first joint and the sinews drawn; to draw the sinews just cut the skin round the first joint of the leg, then give the leg a strong pull and it will be easily removed with the sinews. Fold over the pinions and pass a skewer through them and the top part of the legs, tie the bottom part of the legs together, cover the breast of the fowl with thinly cut slices of lemon, wrap up in a piece of buttered paper and put into a pan of boiling water; allow this to

**BOILED FOWL, GARNISHED WITH CAULIFLOWER.**

boil 5 or 6 minutes, draw on one side and simmer very slowly, three quarters to $1\frac{1}{4}$ hours; when done remove the paper and drain; cover the fowl entirely with a white sauce (No. 98); garnish with the yolk of a hard-boiled egg; this may be rubbed through a sieve on to the fowl, or cut in slices and then into small rounds or different patterns as preferred. If the fowl is to be served cold, add half an ounce of gelatine dissolved in a quarter pint stock to sauce, and coat the fowl with this twice when it is nearly cold but not set; dish on a bed of salad.

CANNELONS OF CHICKEN (*Entrée*)*(Cannelons de Poulet).*

Croquette mixture (No. 342)	3 ozs. bread crumbs
Short pastry	1 egg

Roll out the pastry very thinly, cut into pieces $2\frac{1}{2}$ inches long and $1\frac{1}{2}$ inches wide; put one teaspoonful of the croquette mixture

on each, fold over and seal the edges, forming a cork shape; brush with egg, roll in crumbs and fry brown; drain and dish high; garnish with parsley.

No. 337.

CASSOLETTES OF CHICKEN (*Entrée*)

(*Cassolettes de Poulet*).

½ lb. butter
1 egg
1 oz. flour
6 ozs. cooked chicken
Salt
Pepper

2 tablespoonfuls cream
4 ozs. bread crumbs
¼ pint stock
1 tablespoonful cooked ham
A few drops of lemon juice.
Fat for frying

Divide the butter into about 6 equal parts, roll up in the shape of a bottle cork, roll in flour, then dip in beaten egg and roll in crumbs twice. Have a bath of fat, hot and smoking freely, put the pieces of butter in a frying-basket, plunge in the hot fat, and fry quickly a nice light brown; lift out and drain, then remove one end, pour out the butter and put in the oven a few minutes, open end downwards to drain. Meanwhile put 1½ ozs. of the soft butter into a saucepan and mix with the 1 oz. of flour, then add the stock and boil up; add seasoning, lemon juice, and chicken and ham finely minced, and lastly stir in the cream. Put this mixture into a forcing bag with plain tube, and force into the cases; put on the cover, garnish with parsley and serve.

No. 338.

CHAUFROID OF CHICKEN (*Entrée*)

(*Chaufroid de Poulet*).

1 chicken
1 oz. flour
¼ pint milk or cream
Salt and ¼ teaspoonful peppercorns

1 quart aspic jelly (No. 589)
1 oz. butter
A few drops of cochineal

Truss the chicken for boiling, put it into a saucepan with enough boiling water to cover it, 1 small onion, a bunch of sweet herbs, a blade of mace; simmer slowly 30 minutes to an hour, according to the age of the bird; lift out, drain, remove the skin, and set aside to cool; strain the liquid and when cold remove the fat and use for aspic jelly (No. 589). Fill a border mould with part of the jelly, and when set dip in warm water and turn out. Melt the butter in a saucepan, add the flour, stir until smooth, then add the milk, half pint aspic jelly, salt and pepper, boil this until it is reduced to half the quantity, pass through a fine hair sieve; colour

part of this sauce a pretty pink with cochineal, allow this to get cool but not to set, joint the chicken neatly and dip half of the joints in the cream sauce and the remainder in the pink sauce; set aside until firm, if not well covered dip them in the sauces again. When quite set, arrange the pieces in the centre and on top of the border of aspic. Put a little of the aspic into a forcing bag with a rose tube, and garnish the rough edges of the fowl and round the base of the dish. A little chopped parsley, hard-boiled yolk of egg rubbed through a sieve and any remains of the cold sauces may be used for garnishing. A base of salad may also be used instead of the border of aspic, if preferred.

No. 339.

CHICKEN CIGARS (Entrée)

(Cigares de Poulet).

Croquette mixture (No. 342)		3 ozs. bread crumbs
1 egg		

Prepare croquette mixture and when cold form into cigar shapes; brush with egg, roll in bread crumbs, fry in hot fat, drain, pile in a dish and serve hot.

No. 340.

CHICKEN À LA CLAREMONT (Entrée)

(Poulet à la Claremont).

1 chicken		½ lb. sausages
Pepper, salt, and lemon juice		½ lb. lean ham or tongue
1 carrot		Bunch of sweet herbs
1½ pints stock		1 stick celery, 1 onion
½ oz. glaze		A few sprigs of parsley

Bone the chicken, taking care not to break the outside skin, lay it flat on a board, the skin downwards, season with salt, lemon juice and white pepper; spread over the top the sausages; divide the ham into strips and arrange them lengthwise, roll up and sew firmly; tie up tightly in a cloth, put into a saucepan with the bones and vegetables, pour round the stock, boiling; simmer 1¾ hours; lift out, remove all the fat from the gravy and reduce to one-half by fast boiling, add the glaze and seasoning. Remove the cloth from the chicken, also the stitches; cut in rounds about a third of an inch thick, lay these round a border of potato (No. 450) or a border of rice; fill the centre with any seasonable vegetable, strain round the gravy and serve. A breast of veal may be boned and dressed in the same way.

CHICKEN A LA CREME (*Entrée*)

(*Poulet à la Crème*).

3 ozs. minced chicken or veal
3 ozs. ham
3 or 4 minced button mushrooms
A little salt, pepper, and cayenne

½ teaspoonful parsley, minced
Green salad
¼ pint cream
½ pint good aspic jelly (No. 589)

Beat up the cream until quite stiff, then add the veal, ham, mushrooms and seasoning, also the parsley, which must be finely



CHICKEN A LA CRÈME.

minced; mix lightly and fill by means of a forcing bag and tube some paper soufflée cases. Then put into another forcing bag and fancy tube the jelly, finely minced, and garnish round each. Sprinkle with minced parsley, lobster coral and hard-boiled yolk of egg rubbed through a wire sieve.

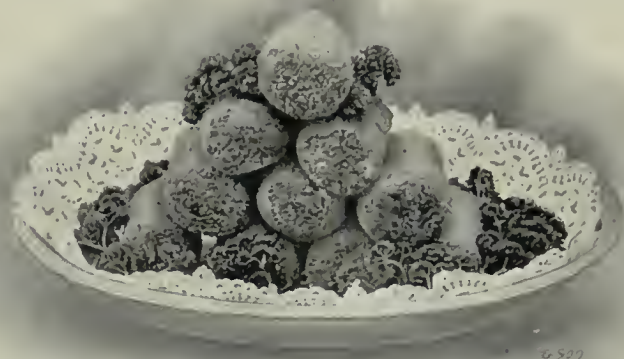
CHICKEN CROQUETTES (*Entrée*)

(*Croquettes de Poulet*).

4 ozs. minced cooked chicken
1 tablespoonful minced cooked ham
1 tablespoonful minced bottled mushrooms
¼ pint white stock

Salt and pepper
Little lemon juice
1 oz. butter
1 oz. flour
1 tablespoonful cream

Melt butter, stir in flour, add stock and seasonings, boil up add rest of ingredients and set aside to cool. When cold form into balls or cork shapes, brush over with beaten egg, roll in bread crumbs and fry a nice brown in smoking-hot fat.



CHICKEN CROQUETTES.

No. 343.

CHICKEN with Croquettes of Rice

(Poulet aux Croquettes de Riz).

1 chicken
½ lb. fat bacon
1 onion
1 bay leaf
Pepper and salt
1 dozen mushrooms
1 egg
1 carrot

¼ lb. rice
2 tablespoonfuls Parmesan cheese
Bunch sweet herbs
½ oz. glaze or ½ teaspoonful
Liebig Extract of Meat
1 quart of stock
Some bread crumbs

Lard the breast of the chicken with the bacon (*see* page 144), and cover it with a few slices of thinly-cut bacon; slice the onion and carrot and place at the bottom of the saucepan, with the sweet herbs and bay leaf; lay the chicken on this and pour round 1½ pints of stock or water; simmer slowly 30 minutes; lift out and put into a dripping tin with a little of the liquid; put in the oven for 15 minutes to brown, basting occasionally, peel the mushrooms and remove the stalks, season with pepper and salt, drop them into the liquid in which the chicken has been boiled; simmer 10 minutes; remove and lay round the dish. Boil the liquid until reduced to three quarters of a pint, remove the fat, add glaze; season and pass through a fine sieve; pour part round the chicken and the remainder serve in a tureen. While the fowl is boiling prepare the croquettes of

rice as follows :—Wash the rice and boil in half pint of stock until tender and as it absorbs the stock season with salt and pepper and stir in the cheese; turn out on to a plate until cool and firm, then form into pear shapes; brush over with the egg, beaten, and roll in bread crumbs; fry a light brown in smoking-hot fat; drain and put in the thin end of each about 1 inch of the stem of parsley; arrange round the chicken alternately with the mushrooms. Or the rice may be boiled as for curry; the Parmesan and seasoning stirred into it, and laid roughly round the dish with the mushrooms on the top.

No. 344.

CURRIED CHICKEN, VEAL, OR RABBIT (Entrée)

(Poulet, Veau, ou Lapin, au Curry).

1 chicken	½ teaspoonful sugar
2 tablespoonfuls cocoanut	2 ozs. butter
1 tablespoonful lemon juice	2 tablespoonfuls curry powder
1 onion	½ pint gravy or stock
1 teaspoonful salt	

Joint the chicken neatly and fry a light brown in the butter; remove from the pan and fry the onions, sliced, add the curry powder, cocoanut, sugar, salt and gravy; put back the chicken and simmer half-an-hour (a fowl or rabbit will take an hour and a half); add the lemon juice and serve with a dish of rice (No. 752).

No. 345.

DEVILLED CHICKEN (Entrée)

(Poulet à la Diable).

1 egg	A little salt
½ teaspoonful mustard	Some cold chicken
½ do. curry powder	2 ozs. butter
2 tablespoonfuls bread crumbs	

Mix the eggs, mustard, salt and curry together, divide the chicken into small joints, brush over each piece with the egg mixture, cover with the brown crumbs, place in a baking tin with the butter, bake about 15 minutes; dish in a ring and garnish with parsley or cress.

No. 346.

FILLETS OF CHICKEN (with Supreme Sauce—Entrée)

(Filets de Poulet, Sauce Suprême).

Breasts of 2 chickens	1 oz. butter
¼ pint stock	2 tablespoonfuls cream
1 small bottle of preserved mushrooms	Some slices of cooked ham or tongue
1 small onion	Salt and pepper

Remove the breasts from 2 fowls, skin and divide in two, sprinkle with lemon juice, put into a stewpan with the stock or water, the liquid from the mushrooms, and the onion; simmer slowly 1 hour. Melt the butter, add the flour, when smoothly mixed add the gravy from the fillets, add seasoning, allow this to boil, strain into another pan, add the mushrooms, heat up and add cream. Dish the fillets round a dish, coat them with the sauce, arrange the mushrooms in the centre; garnish with half rounds of cooked ham or tongue made hot in clear stock.

No. 347.

FRICASSEE OF FOWL (Entrée)

(Fricassée de Poulet).

1 fowl
1 eschalot
Blade of mace
A few sprigs of parsley
Sweet herbs
 $\frac{1}{2}$ doz. peppercorns

Salt
A dust of sugar
1 bay leaf
1 pint milk
2 yolks of egg
2 tablespoonfuls cream

Skin and joint the fowl, blanch it by dropping into boiling water for a minute, lift out and dip each piece in cold water, then put into a stewpan with the trimmings, eschalot, mace, parsley, sweet herbs, peppercorns, salt, bay leaf, milk and a pinch of sugar. Simmer slowly 1 hour or until tender. Melt the butter in a small saucepan, stir in the flour; now add the gravy strained from the fowl, stir all the time and boil for 2 or 3 minutes. Now add the yolks and cream beaten together, but do not allow the sauce to boil after the eggs are added or it will curdle. Dish the fowl and strain over the sauce.

No. 348.

GALANTINE OF FOWL OR CHICKEN (Entrée)

(Galantine de Poulet).

1 fowl
A few grains cayenne
 $\frac{1}{3}$ teaspoonful sweet herbs
A small tongue or $\frac{1}{2}$ lb. ham, lean
 $\frac{1}{2}$ doz. truffles or pickled walnuts
 $\frac{1}{3}$ teaspoonful grated lemon rind

1 quart aspic jelly
 $\frac{1}{2}$ lb. sausages
 $\frac{1}{4}$ lb. bread crumbs
1 teaspoonful salt
 $\frac{1}{2}$ do. pepper
2 eggs

Bone the fowl as directed under "Boning" (page 141); draw the legs and wings inside, spread flat on a board, and cover with a forcemeat made with the sausages, bread crumbs, sweet herbs, salt, pepper, cayenne and lemon rind, all mixed together with the eggs, beaten. Lay on the top of the forcemeat the tongue

or ham and a row of truffles or walnuts, roll up and sew together, taking care to secure the ends; roll in a linen cloth and bind firmly with tape, boil 2 hours in some stock, made as follows:—Take the bones and trimmings from the fowl, put into a pan with three pints of cold water, half teaspoonful peppercorns, blade of mace, sprig of parsley and one onion; boil one hour, then put in the fowl. When the fowl is boiled sufficiently, lift out and put between 2 plates with a weight on the top. Allow this to stand until cold, then remove the cloth and draw



GALANTINE OF FOWL.

out the stitches carefully; put into a plain mould, large enough to take the fowl, half an inch of good aspic jelly (No. 589), which may be made from the stock in which the fowl has been boiled. When set, lay in the fowl and cover with more jelly, just liquid, but not hot; when set, dip into warm water and turn out quickly; decorate with chopped parsley, aspic jelly (which may be coloured), hard-boiled white of egg cut in fancy patterns, and three silver hatlet skewers will be an improvement. Instead of dishing the fowl in aspic, it may be covered with a brown glaze (No. 745) and garnished with aspic. (*See also* plate No. 366).

No. 349.

GRILLED CHICKEN

(*Poulet grillé*).

1 chicken
1 egg
2 oz. butter
2 tablespoonfuls brown crumbs

1 dessertspoonful minced parsley
½ oz. glaze
2 tablespoonfuls stock
2 do. sherry

Divide the chicken in half, remove the bones from the legs and wings, cover with butter and grill under a gas grill 15 minutes, basting occasionally with the butter; then brush over with the egg, sprinkle with the crumbs, brown quickly and dish. Put the stock sherry, glaze and seasoning into a pan; when dissolved, add parsley, pour round the chicken and serve.

No. 350.

CHICKEN À L'ITALIENNE (Entrée).

(Poulet à l'Italienne).

1 chicken	1 small eschalot or onion
Bunch of sweet herbs	1 blade of mace
1 oz. flour	Yolks of 2 eggs
1 oz. butter	3 tablespoonfuls grated
3 ozs. Naples macaroni	Parmesan cheese
$\frac{3}{4}$ pint stock or water	Salt, pepper, and cayenne

2 ozs. cooked ham or tongue.

Skin and joint the chicken neatly, put it into a saucepan with the stock, boiling, the eschalot, mace and sweet herbs, and simmer slowly 30 minutes to 1 hour. Meanwhile wash the macaroni and break into pieces 1 inch long, throw it into a pint of boiling water with 1 oz. of the butter and boil until tender, then strain from it the water and add a little pepper, salt and cayenne and 1 tablespoonful of Parmesan cheese. Arrange this round the edge of a dish and the chicken in the centre. Melt the butter in a pan, add the flour and stir until smooth, then add the liquid from the chicken, pepper, salt and cayenne, boil up, stir until thick and cook 3 minutes, strain to the yolks of 2 eggs, add the remainder of the Parmesan cheese and the ham or tongue cut in shreds; put back into the pan, re-heat, but do not allow it to boil, pour over the chicken and macaroni. The dish may be garnished with a very little parsley if liked.

No. 351.

CHICKEN OR FOWL LEGS À LA ROYALE (Entrée).

(Cuisses de Poulet à la Royale).

4 legs of fowl	$\frac{1}{4}$ lb. sausages
$\frac{1}{2}$ pint good brown stock	2 tablespoonfuls bread crumbs
$\frac{1}{2}$ oz. glaze	$1\frac{1}{2}$ dozen mushrooms
1 carrot	1 small onion
1 stalk celery	Bunch parsley
Bunch sweet herbs	1 egg
Pepper, salt	A little grated lemon rind
$\frac{1}{4}$ lb. fat bacon	

Cut the legs close to the body of the fowl, leaving on a large piece of skin, break off about 1 inch of the drumstick end and remove the upper bone entirely; mix the sausage meat, bread crumbs, pepper, salt, dust of sweet herbs and lemon rind together with the egg beaten; with this stuff the legs, inserting 1 mushroom in each, sew these up, making them look as plump as possible. Divide the bacon into lardoons about 1 inch long and lard each leg neatly on top. Cut up all the vegetables and lay them at the bottom of a saucepan, put the legs on the top, pour round the stock and simmer slowly three-quarters to 1 hour, remove into a tin and brown quickly under a gas grill or in a quick oven; strain the gravy into another pan, remove the fat, season, add mushrooms and glaze; reheat. Dish the legs, pour over the gravy and garnish the dish with mushrooms.

No. 352.

MAYONNAISE OF CHICKEN (*Entrée*)

(*Mayonnaise de Poulet*).

6 tablespoonfuls minced veal,
chicken or game
2 tablespoonfuls minced ham or
tongue

1 tablespoonful finely-cut lettuce,
celery, or any salad
1 small tomato, finely cut
A little pepper, salt and cayenne

About $\frac{1}{4}$ pint Mayonnaise sauce (No. 82).

Put all the ingredients into a basin, with half the sauce and mix together; pile this in the centre of a dish with a nice border of salad, flavoured with a little salt, sugar, vinegar and salad oil; cover the chicken mixture with the remainder of the Mayonnaise, and sprinkle with finely minced parsley and lobster coral; or the chicken mixture may be divided and put into small soufflé cases, covered with Mayonnaise and sprinkled alternately with lobster coral and minced parsley and dished on a lace paper or on a salad border to taste.

No. 353.

MINCED CHICKEN WITH RICE (*Entrée*)

(*Hachis de Poulet au riz*).

$\frac{3}{4}$ lb. cold chicken
1 oz. minced ham
 $\frac{1}{4}$ pint good chicken stock
2 tablespoonfuls liquid from the
mushrooms

Salt, pepper, and lemon juice
 $\frac{1}{2}$ doz. minced mushrooms
1 oz. flour
1 oz. butter

Melt the butter, stir in the flour, add stock, mushroom liquid and boil 3 minutes; season; add chicken, ham, mushrooms and heat gently through. Dish in the centre of a savory rice border (No. 753).

CHICKEN WITH MUSHROOMS

(*Poulet aux Champignons*).

1 chicken
 ½ pint brown stock
 Pepper and salt
 1 small onion
 Bunch sweet herbs
 ½ glass sherry

1 dozen mushrooms.
 ½ oz. flour
 1 oz. butter
 ¼ lb. fat bacon
 1 bay leaf



ROAST CHICKEN, WITH MUSHROOMS.

Truss the chicken for roasting, cover the breast with the bacon cut in thin slices, roast 40 minutes ; meanwhile put the butter into a saucepan and when hot brown in it the onion, sliced ; draw the onion on one side of the pan and brown the flour, add the stock, sweet herbs and mushrooms, first removing the stems, and season well with salt and pepper ; simmer slowly 15 minutes, then add sherry ; dish the chicken, pour from the dripping tin all the fat and add any gravy to the sauce ; garnish round the chicken with the mushrooms, remove all the fat from the sauce, strain a little round the dish and the remainder serve in a tureen.

PATTIES, (Chicken or Veal—Entrée)

(*Petits Pâtés de Poulet, ou de Veau*).

The breast of 1 chicken, uncooked,
 or as much veal
 1 oz. flour
 ½ pint stock
 ¼ pint cream
 1 oz. butter

¾ teaspoonful salt
 A few grains cayenne
 ¼ teaspoonful pepper
 Puff pastry (No 623)
 About ¾ lb. of flour will be sufficient for 1 doz. patties

½ teaspoonful lemon juice

Cut the chicken in small pieces, put the butter into a saucepan, and when quite hot, but not brown, fry in it the chicken 3 or 4 minutes, taking care the butter does not become brown, then add the flour, stock, cream, lemon juice and seasoning; simmer slowly 5 minutes. Roll the pastry out a quarter of an inch thick, cut in rounds about 3 inches in diameter, dip a small cutter, about $1\frac{1}{2}$ inches in diameter, into hot water and cut half way through the centres; roll out a little pastry very thin, and cut in rounds with a cutter 2 inches in diameter; these are for lids for the patties; brush over the top of each with a little beaten egg, place on a baking



CHICKEN PATTIES.

sheet and bake 10 to 15 minutes in a hot oven; the lids will only require about 5 or 6 minutes to bake. The patties should rise about 2 inches high; when done, take a skewer and remove the centres, fill with the patty mixture, place a lid on the top of each, and serve. If there is time, it is a good plan after the patties are cut to allow them to stand half an hour in a cool place before baking them. Cooked chicken may be used for the above, it must be finely minced and added after the sauce is made, and only allowed to warm through after the chicken is added.

RISSOLES OF CHICKEN (*Entrée*)

No. 356.

(*Rissoles de Poulet*).

Croquette mixture		1 egg
Short pastry (No. 653)		3 ozs. white bread crumbs
		Fat for frying

Prepare and cool the croquette mixture as directed in recipe (No. 342). Roll out the short pastry very thinly, cut in rounds about 3 inches in diameter, put about a teaspoonful of the mixture on each, wet the edges, fold over and seal well. Brush over with the beaten egg, roll in the crumbs, fry in smoking-hot fat to a nice golden colour, drain, dish in a ring or heap and garnish with fresh or fried parsley (No. 749).

ROAST FOWL

No. 357.

(*Poulet rôti*).

Veal forcemeat (No. 744), or Chestnut forcemeat (No. 742)

If the bird is a chicken leave on the feet, if a fowl chop off the feet, leaving part of the legs on; truss; stuff the breast with either of the forcemeats and cover with fat bacon. Place on a grid shelf, set in a gas oven about 6 inches above the burners and roast gently three-quarters to 1 ½ hours, according to size of bird. About 15 minutes before it is done remove the bacon and allow it to brown. Make gravy (No. 232) dish with a little poured over the bird and remainder in a tureen. Sausages and bread sauce (No. 62) may be served with it.

No. 358.

CHICKEN (*with Tomato Purée—Entrée*)

(*Poulet à la Purée de Tomates*).

1 chicken		1 small carrot
Bunch of sweet herbs		1 onion
A blade of mace		2 or 3 cloves
1 lb. tomatoes		¾ pint stock
1 ounce flour		1 oz. butter
Salt and pepper		

Skin and joint the chicken neatly; slice the carrot and onion, put them at the bottom of a saucepan with the sweet herbs, mace and cloves; lay on the top the chicken and pour round the stock boiling; simmer slowly 30 minutes to 1 hour, according to age of bird. Meanwhile slice the tomatoes and fry them a few minutes in the butter, then stir in flour and strain the stock from chicken to tomatoes: season, boil 3 minutes and rub through a hair sieve; reheat and pour over chicken so as to coat it thoroughly. The dish may be garnished with farced tomatoes (No. 462).

GUINEA FOWL

(*Pintades*).

Prepare, cook and serve as for pheasants (No. 380); dish on toasted bread. Bread sauce (No. 62) may be served with them.

ROAST GOOSE

(*Oie rôtie*).

1 medium-sized goose	3 ozs. bread crumbs
1½ lbs. onions	2 teaspoonfuls salt
1 dessertspoonful mixed sage	½ teaspoonful pepper
1 tablespoonful flour	

Pluck, singe, draw and wipe the goose; cut off the neck close to the body, the pinions and legs at the first joint; run a skewer through the pinions, also through the top of the legs. Prepare stuffing as follows:—Peel the onions and boil half an hour, then drain and chop them, add sage, bread crumbs and seasoning; mix well and stuff the body of the bird with the mixture, then tie the ends of the legs together. Cover with fat and roast slowly, allowing 12 minutes to each pound weight. If not browning sufficiently well, dredge over with flour in the last half hour. When done, pour away the fat from the tin, add to contents of tin the flour, ½ pint good stock made from the giblets, salt and pepper; boil up, pour a little round the goose and serve the remainder in a tureen. Serve with apple sauce (No. 57).

COMPOTE OF PIGEONS (*Entrée*)

(*Compote de Pigeons*).

4 pigeons	½ pint good brown stock
1 bay leaf	1½ ozs. butter
¼ small onion	Bunch of sweet herbs
1 glass claret	½ oz. glaze
1½ lbs. mashed potatoes	Salt and pepper
1 egg	2 hard-boiled yolks of eggs

Pluck, singe and bone the pigeons, leaving on the feet, cut the pigeons in half lengthwise, scald and skin the feet and season the insides of the birds with salt and pepper. Draw the half pigeons into little plump shapes, arranging the foot in the centre; butter thickly a saucepan and lay in the pigeons, add bay leaf, onion, sweet herbs, glaze, stock and claret, cover with buttered paper and simmer half an hour. Lift out the pigeons and press between 2

plates, strain gravy and when cool remove all the fat. Meanwhile prepare the casserole as follows:—Put the potatoes into a basin with half an ounce of melted butter, salt, pepper and part of the egg, mix well; then form a round with the potatoes, about 1 inch thick and 8 inches in diameter, and a pillar in the centre 3 inches high; work this with the hand until quite firm and smooth, brush over with the remainder of the egg and bake a light brown. After removing the fat from the gravy, put it back into a saucepan with the pigeons, allow them to get hot through, dish the casserole in a silver dish and arrange the pigeons all round, the feet uppermost, resting against the pillar of potatoes, strain over the gravy, then put the hard-boiled yolks into a forcing bag with a small rose tube (*see* Advt.), and with this garnish between each fillet. Put a silver hatlet skewer in the centre, or a bunch of heather, red berries, or any flower in season. Serve hot.

PIGEON PIE

No. 362.

(*Pâté de Pigeons*).

2 pigeons
2 eggs, hard boiled
Pepper and salt
1 oz. butter

½ lbs beef steak
1 tablespoonful flour
½ pint stock
½ lb rough puff pastry (No. 624)

Draw, singe and wipe the pigeons; cut each into 4 pieces, leaving a leg or wing in each piece, mix the flour, salt and pepper together on a plate and roll in it each piece of pigeon, then put in the under part of each piece of pigeon a small piece of butter; cut up the beef in strips 2½ inches long and 1 inch wide, roll in the seasoned flour, put a small piece of fat in the centre of each, and roll up; place this at the bottom of the pie dish, then lay the eggs on, cut in slices, then the pigeons, and 2 tablespoonfuls of water; line the edges of pie dish, cover and decorate with rough puff pastry (No. 624); brush over with beaten egg, bake 1½ hours. The oven should be hot at first, then the gas turned very low. When done, add half a pint of very good seasoned stock and decorate the top of pie with the feet of the pigeons, which should be scalded and skinned (*see* plate "Veal and Ham Pie," No. 326).

No. 363.

ROAST PIGEONS

(*Pigeons rôtis*).

Pluck, singe, draw and truss the pigeons, leaving on the feet, which must be scalded and skinned; truss by passing a thin skewer

through the pinion, the top part of the leg, through the body, catching the leg and pinion on the opposite side. Cover with fat bacon and roast 30 minutes. A few minutes before they are done remove the bacon and baste with butter, dust with flour and brown quickly. Dish with a good brown gravy round, or on buttered toast garnished with watercress, and the gravy in a tureen. Bread sauce may be served with them.

No. 364.

STEWED PIGEONS (*Entrée*)

(*Pigeons sautés*).

2 young pigeons
 $\frac{1}{2}$ pint stock
 $1\frac{1}{2}$ ozs. butter

1 onion, small
 Salt and pepper
 $\frac{1}{2}$ oz. flour

Draw, wipe and divide each pigeon into 4 pieces; make the butter hot, fry in it the pieces of pigeon very quickly till brown, lift out, fry the onion sliced, add the flour, stock and seasoning; put back the pigeons and simmer slowly 1 hour. Dish and strain gravy over and round. If too much reduce by fast boiling.

BOILED TURKEY

No. 365.

(*Dindon Bouilli*).

Truss the turkey for boiling, as directed under "Trussing," (page 138). Put into boiling water, simmer slowly $1\frac{1}{2}$ hours or more according to size of bird. Cover with good white sauce (No. 98) made from the water in which the turkey has been boiled. Leave white or garnish with parsley or hard-boiled yolk of egg passed through a sieve. Celery sauce (No. 65) may be served with this dish.

No. 366.

GALANTINE of TURKEY

(*Galantine de Dindon*).

1 turkey
 1 fowl
 4 ozs. bread crumbs
 1 lb. sausages
 3 eggs
 1 tablespoonful minced parsley

$\frac{1}{2}$ teaspoonful powdered sweet herbs
 $\frac{1}{2}$ grated lemon rind
 A few pistachios, 2 or 3 truffles
 Brown or white glaze (Nos. 745 and 746)
 Aspic jelly (No. 589) made from stock in which the turkey has been boiled

Bone the turkey and the fowl (*see* "Boning," page 141). Put the sausage meat into a bowl (if sausages, remove the skins), add crumbs, parsley, herbs, lemon rind, salt and pepper, and mix

with as much of the egg as necessary. Lay the turkey on a board, skin side down, draw the legs inside, spread over a little of the forcemeat here and there, put a pistachio, also a truffle cut up; on this lay strips of lean ham. On the top of this lay the boned fowl, skin down, then spread on this the remainder of the forcemeat, a few more pistachios and truffles cut up and strips of ham—roll up and secure by needle and thread—tie up firmly in a cloth—make a stock with the bones of the turkey and fowl, as for galantine of fowl (No. 348), and boil the turkey in this slowly



GALANTINE OF TURKEY.

for about $2\frac{1}{2}$ hours or more, according to size. When done lift out and press lightly under a board, just to prevent it rolling about. When cold, remove the cloth and coat with white glaze (No. 746), or with brown glaze (No. 745), by means of a brush—garnish and decorate to taste with aspic jelly (No. 589) made from the stock. If a little taste is displayed this should be made to look a very handsome dish.

ROAST TURKEY

No. 367.

(*Dindon rôti*).

Forcemeat (No. 742)
1 to 2 lbs. sausages, if liked
1 pint stock, made from giblets

$\frac{1}{4}$ lb. fat bacon
 $\frac{1}{2}$ oz. flour
Salt and pepper

Pluck, singe and wipe the turkey; draw the sinews, fold over the pinions, pass a skewer through them and the body, catching

the top part of legs, also tie the bottom part of legs; fill the loose skin of the breast with the forcemeat, skewer down and cover with fat bacon or greased paper. Hang in the gas oven and roast slowly, allowing 10 or 12 minutes to the pound. About half an hour before it is done remove the bacon or paper, and hang over it the sausages. When done, pour from the tin the fat, add the flour and stock from giblets, seasoning, boil up, add browning if necessary, and strain. Dish the bird, garnish with the sausages, pour over a little of the gravy and serve the remainder in a tureen. Bread sauce (No. 62) may be served.



GAME.

BLACKCOCK

No. 368.

(*Coqs de Bruyère.*)

These birds are prepared, cooked and served as grouse, (No. 370).

RAISED GAME PIE

No. 369.

(*Pâté froid de Gibier.*)



RAISED GAME PIE.

1 quart aspic jelly
2 partridges or four pigeons
 $\frac{1}{4}$ lb. veal
 $\frac{1}{4}$ lb. fresh pork

$\frac{1}{4}$ lb. lean ham
2 hard-boiled eggs
8 button mushrooms or truffles
Pepper, salt, and nutmeg

FOR PASTE.

$\frac{3}{4}$ lb. flour
1 egg

3 ozs. butter
 $\frac{1}{2}$ teaspoonful salt

Rub the butter into the flour, add the salt, the egg and enough water to mix into a stiffish paste; roll out one-third inch thick; butter thoroughly a No. 2 pie mould, and carefully line it with the paste; trim the edges roughly. Mince the veal and pork and season well with salt, pepper and a little nutmeg; put a good

layer of this round the sides and bottom of the mould; bone and divide the birds into four, season well and fill the centre with them, well mixed with the ham cut in strips, the mushrooms and hard-boiled eggs cut up. Pile this as high as possible in the centre, and cover with a layer of the minced veal and pork. Roll out the remainder of the paste and cover the top, wetting and sealing the edges firmly. Then roll out again the trimmings about one-eighth inch thick, and cut out a sufficient number of leaves to cover the top thickly; make a hole in the centre, form a rose with the paste and insert it. Bake the pie in a moderate oven for half an hour, or until a nice fawn colour; then let it remain in a slow oven $1\frac{1}{2}$ hours longer. It will require about 2 hours to bake it through. Put the bones from the birds into a saucepan with 1 pint of cold water, a little salt and pepper, and simmer slowly $1\frac{1}{2}$ hours; strain the liquid, remove the fat, add half a pint of aspic jelly, and boil until reduced to one half. Allow this to get cold and firm. When the pie is quite cold remove the mould and the rose at the top; when the gravy is cold and just setting, pour it into the pie so as to fill it, as the meat will shrink; replace the rose and dish the pie, garnish it prettily with chopped aspic jelly, cut leaves, minced parsley, lobster coral and hard-boiled yolk of egg passed through a sieve. The top of the pie may be brushed over with a little cold but liquid jelly, then ornamented with a little jelly put into a forcing bag with a rose pipe. This pie may also be made with veal or pork.

BRAIZED GROUSE

No. 370.

(*Coqs de Bruyère braisés*).

1 oz. butter
 $\frac{1}{2}$ oz. flour

2 grouse
 $\frac{1}{2}$ pint stock

Pluck, singe and wash out the grouse with a little soda water, dry well, truss and tie over the breast some fat bacon. Lay in a saucepan a slice of fat bacon, place the birds on this, pour round half a pint or more good stock according to the number of birds. Simmer slowly until tender, about 1 hour. Lift out and put in a hot oven just to crisp them, skim the fat from gravy, add flour mixed with a piece of butter just to thicken it very slightly, boil up, cook 3 minutes, strain a little over the birds and serve the remainder in a tureen; garnish the dish with cress. A little port wine may be added to gravy if liked.

ROAST GROUSE

(*Coqs de Bruyère rôtis*).

½ oz. flour
Salt, pepper, cayenne
1 glass port

½ pint good stock
2 grouse
A few drops lemon juice

Pluck and singe the grouse, allow them to hang several days, take off the heads, wipe without washing and truss, put in each a piece of butter, roast 30 to 40 minutes, basting well with butter. Meanwhile stew the livers in a little good stock until quite tender, spread the liver on toast, dish the birds on this and garnish with cress. Mix the flour with the butter, drop into the gravy, boil up, add seasoning and wine, serve in a tureen; also serve bread sauce, (No. 62).

SALMIS OF GROUSE (*Entrée*)

(*Salmis de Coqs de Bruyère*).

2 freshly roasted grouse or the remains
of cold grouse
1 small carrot
1 oz. butter
½ glass sherry
½ small bottle of mushrooms
Salt, pepper
2 truffles if at hand

4 tablespoonfuls of liquid from mushrooms
1 small onion
Bunch sweet herbs
Juice of ½ lemon
½ oz. flour
½ pint good stock.

Cut up the carrot and onion, fry in the butter, add the flour, then the stock. Boil up and add all the remaining ingredients except the mushrooms and truffles, put in the birds jointed, simmer slowly 20 minutes. Lift out the joints of birds into another saucepan, strain over the gravy, add mushrooms and truffles minced, reheat and serve; garnish with fried croûtons.

JUGGED HARE

(*Civet de Lièvre*).

1 hare
1 lb. steak
Rind of one lemon
½ doz. small onions
2 blades mace
Salt and pepper
1 glass port wine

¼ teaspoonful peppercorns
A few cloves
2 bay leaves
A few sprigs parsley and thyme
1 teaspoonful mushroom ketchup
½ pint water
Forcemeat balls (No. 54)

Skin, draw and joint the hare, divide joints into halves; cut up the steak into pieces and place the fattest of these at the bottom of a jar, then lay in alternately the pieces of hare and the rest of the

steak, sprinkling each layer with salt and pepper; add the onions whole, the lemon rind, mace, peppercorns, cloves, bay-leaves, parsley, thyme, ketchup and water. Cover the jar well, put in the oven and cook until it comes to the boil, then turn down the gas and cook very slowly for about 2 hours, or until the meat is quite tender. Dish the pieces of hare and steak and garnish with force-meat balls (No. 54), strain the gravy, thicken it with a little flour add the wine and serve in a tureen.

NOTE.—The onions may be served on the dish, if liked.

ROAST HARE

No. 374.

(*Lièvre rôti*).

1 hare
4 tablespoonfuls bread crumbs
2 tablespoonfuls minced suet
2 tablespoonfuls minced ham
½ teaspoonful sweet herbs
1 teaspoonful minced parsley

Rind of ½ lemon, grated
1 small teaspoonful salt
⅓ do. pepper
A dust of cayenne
2 or 3 mushrooms minced, if liked
2 small eggs

The hare should hang for 3 or 4 days, it should then be skinned and drawn; take care to remove all the blood and wipe thoroughly. Scald the liver, then mince and add to above ingredients, mix the whole with the 2 eggs beaten, lay inside the hare, and sew up; wrap pieces of buttered paper round the ears so as to prevent them from burning, skewer back the head and the legs, tie some thin strips of fat bacon over the back of the hare, and roast 1 to 1¼ hours; about a quarter of an hour before it is finished remove the bacon and dredge the hare with flour, baste well with butter, and brown nicely, remove skewers, and dish; make a good brown gravy by pouring from the tin all the fat, then put in 1 teaspoonful of flour, half a pint of good stock and a little pepper and salt; serve a little round the dish with little heaps of red currant jelly; serve remainder of gravy in tureen; also a dish of red currant jelly should be served with it.

ROAST LEVERET

No. 375.

(*Levraut rôti*).

Prepare and stuff as hare (No. 374), lard over the back, roast for 1 hour; then dredge with flour and baste with butter; make gravy and serve as hare.

ROAST ORTOLANS

(*Ortolans rôtis*).

½ pint good stock
A little orange rind
Juice of ½ orange

Glass of port wine
Salt and pepper
2 bay leaves

Pluck and singe the ortolans, make a hole in the sides, remove the crop and gizzard, truss with the head in the holes, cover with a vine leaf and roast about 12 minutes, basting well with butter, and place some pieces of toast underneath. Dish each bird on toast, and garnish with cress; simmer the rest of ingredients together for 15 minutes, strain and serve in a sauce boat.

No. 377.

PARTRIDGE À LA RAVIGOTE

(*Perdrix à la Ravigote*).

Pluck, singe, draw, truss and lard the partridges, cover with fat bacon, roast 35 minutes, remove bacon, cover with butter, and crisp. Dish with ravigote sauce (No. 91) poured over, also some in a tureen.

No. 378.

ROAST PARTRIDGES

(*Perdrix rôties*).

½ pint stock
A brace of partridges
1 lemon

½ oz. butter
½ oz. arrowroot
Fried bread crumbs

Pluck, singe, wipe inside and out, truss with the legs crossed underneath, cover with fat bacon; roast about 30 minutes. About 5 minutes before they are done remove the bacon, dust with a little salt and flour, and brown. Stew the livers meanwhile in a little good stock with a small piece of ham and half an ounce of butter; add to this the drip from the birds, thicken with a little arrowroot, strain, and serve in a tureen; also a little over the birds. Garnish the dish with fried bread crumbs, or serve separately. The dish may be garnished with cut lemon.

SALMIS OF PARTRIDGE (Entrée)
(*Salmis de Perdrix*).

Prepare as salmis of grouse (No. 372).

ROAST PHEASANT

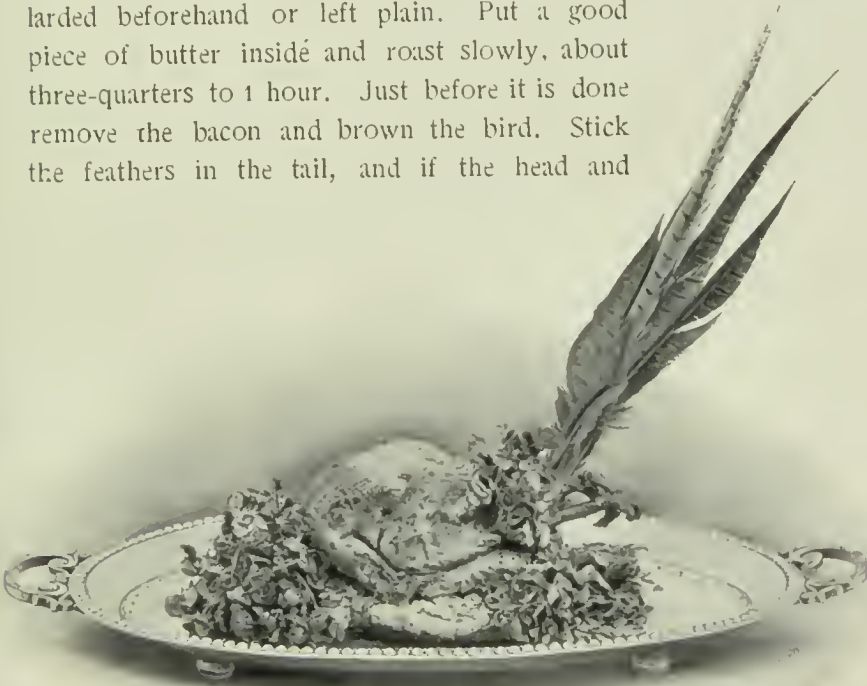
No. 380.

(*Faisan rôti*).

1 oz. butter
½ oz flour

½ pint good stock
Salt and pepper
Bread sauce (No. 62).

Cut off the head and neck, leaving on the feathers, set aside for decoration when the bird is cooked, also the tail feathers should be preserved. Pluck, singe, draw and truss the bird, leaving on the feet. Cover the breast with fat bacon; the breast larded beforehand or left plain. Put a good piece of butter inside and roast slowly, about three-quarters to 1 hour. Just before it is done remove the bacon and brown the bird. Stick the feathers in the tail, and if the head and



ROAST PHEASANT, GARNISHED WITH WATERCRESS.

neck are used for decoration, put a wire through them and arrange them as naturally as possible. Serve with fried bread crumbs. To make the gravy, stew the liver of the bird in rich stock, strain, add seasoning and the butter and flour worked together, boil up and cook 3 minutes. The dish may be garnished with cress.

ROAST PHEASANT WITH MUSHROOMS

(*Faisan rôti aux Champignons*).

1 pheasant
1 doz. large mushrooms
1 small onion
A little made mustard
 $\frac{1}{2}$ oz. flour

3 oz. butter
Salt, cayenne
Pinch of sugar
 $\frac{3}{4}$ pint stock
Fat bacon

Pluck, singe, draw and lard the bird; chop roughly the mushrooms, mix with 2 ozs. of butter, season with salt and cayenne. stuff the pheasant with this, truss, cover with thickly buttered paper and roast about 40 minutes, remove the paper and brown the pheasant; serve with bread sauce (No. 62) and gravy made as follows:—Make the butter hot and fry in it the onion, minced. until quite brown, add flour and brown, add the liver of pheasant chopped, salt, sugar, mustard and stock, boil up, simmer 30 minutes, strain and add drip from pheasant. Serve in tureen.

No. 382.

SALMIS OF PHEASANT (*Entrée*)

(*Salmis de Faisan*).

Prepare as salmis of grouse (No. 372).

No. 383.

ROAST PLOVERS

(*Pluviers rôtis*).

Pluck, singe, wipe, and draw the plovers, cover with fat bacon, roast about 20 minutes to half an hour; a few minutes before they are done take off the bacon, dust them with flour, baste with butter, and allow them to brown. Pieces of toast should be placed under the birds to catch the drip. Dish the birds on the toast, garnish the dish with cress and cut lemon. Make a gravy with half a pint good stock slightly thickened with half an ounce flour worked into 1 oz. butter. Serve in a tureen. White sauce is sometimes served with these birds.

No. 384.

PTARMIGAN

(*Parmigans*).

These are a kind of grouse. Some varieties have brown plumage in summer which turns white in winter. They may be cooked as grouse (*see* recipes Nos. 370-372).

ROAST QUAILS

(Cailles rôties).

Pluck, singe, draw and cut off legs, truss, cover breast with a bay leaf, and over this place a thin slice of fat bacon. Thread several on a skewer, roast about 12 minutes. When done remove bacon and bay leaf and serve each bird on a small slice of buttered toast, on which the bay leaves have been laid; garnish with cress. Make a gravy with the livers chopped and stewed in a little good stock. Strain and thicken slightly with 1 oz. butter and half ounce flour worked together. Fried bread crumbs may be served with these.

No. 386.

BOILED RABBIT

(Lapin bouilli).

Skin, draw and wipe the rabbit, skewer back the head, and the legs along the side; put into a pan of boiling water, let it boil 5 minutes, then turn the gas low, and simmer slowly 1 ¼ hours, serve with a good white sauce (No. 98) poured over, made with the liquid in which the rabbit has been boiled; or it may be served with onion or parsley sauce.

No. 387.

CURRIED RABBIT (*Entrée*)

(Lapin au Kari).

See curried chicken (No. 344).

No. 388.

RABBIT PIE

(Pâté de Lapin).

1 large rabbit or 2 small ones
½ lb. ham or bacon
1 tablespoonful flour

Salt and pepper
½ lb. rough puff pastry (No. 624)

Cut the rabbit into joints; put the flour, salt and pepper on a plate, roll in this the rabbit, cut the ham into slices, arrange

alternately layers of rabbit and ham in the dish; add 2 table-spoonfuls of water, line the edges of the dish, cover with rough puff pastry, make several holes in the top and brush over with a little beaten egg; bake $1\frac{1}{4}$ hours. The pie should be put into a hot oven and the gas left about three-quarters full on for about 15 minutes or until the pastry has risen, then the gas should be



RABBIT PIE.

turned very low and the pie cooked very slowly for the remainder of the time. When done pour into the pie half a pint good seasoned stock. If the pie is to be served cold, a little gelatine may be dissolved in the stock.

No. 389.

ROAST RABBIT

(*Lapin rôti*).

Wipe the rabbit and season inside with a little pepper, salt, and powdered clove; prepare forcement as for hare (No. 374); skewer the head back and the legs on each side; cover with buttered paper; roast an hour; about a quarter of an hour before it is finished remove the paper; dredge with flour and brown. It may be served with currant jelly, like the hare, and a nice brown gravy.

STEWED RABBIT (*Brown*)

(*Lapin sauté*).

1 rabbit
Sprig of parsley
A bunch of sweet herbs
1 pint water
2 cloves

3 ozs. fat bacon
1 oz. flour
1 onion
 $\frac{1}{2}$ teaspoonful salt
 $\frac{1}{4}$ do. pepper

Cut the bacon into squares, fry a nice brown; remove the squares of bacon from the pan, leaving in the fat; joint the rabbit neatly, and fry quickly in the fat; remove the rabbit and fry the onion (sliced) a light brown; add the flour; now add gradually the water and stir quite smooth; when boiling, add the rabbit, bacon and remaining ingredients; simmer slowly 1 to $1\frac{1}{4}$ hours; dish neatly and strain over the gravy, to which a little browning may be added.

STEWED RABBIT (*White*)

(*Lapin à l'éluvée*).

1 rabbit
3 ozs. bacon
3 cloves
1 large onion

Bunch of sweet herbs
Pepper
Salt
1 oz. flour

Skin, wipe and joint the rabbit, put it into a jar, add the bacon cut up in pieces, cloves, onion, sweet herbs, pepper and water, cover tightly and place in a moderately heated oven, when it reaches boiling point turn down the gas very low and simmer slowly $1\frac{1}{2}$ hours, when tender add salt and flour moistened with a little water; reheat and serve.

ROOK PIE

(*Pâté de Grolles*).

$1\frac{1}{2}$ lbs. puff pastry (No. 623)
 $\frac{1}{2}$ lb. steak
Butter

4 rooks
Salt, pepper
Milk

$\frac{1}{2}$ pint stock

Skin and draw the rooks carefully, so as not to break the gall bladder, cut out the backbone, divide the birds into pieces and soak 2 hours in milk, dry, season with salt and pepper and put a small lump of butter in each piece. Arrange the steak seasoned and cut up at the bottom of the dish, then the rooks, and cover with

a flour and water paste; cook gently 2 hours. When quite cold remove this coarse paste, cover and decorate with the puff paste. Bake in a quick oven three-quarters of an hour; add some good stock and serve.

No. 393.

SNIFE

(*Bécassines*).

These birds may be feathered and trussed, roasted and served as woodcock (No. 398), allowing about half the time for roasting.

No. 394.

ROAST TEAL

(*Sarcelles rôties*).

1 oz. butter
 $\frac{1}{4}$ pint port
Dust of nutmeg

$\frac{1}{2}$ oz. flour
 $\frac{1}{4}$ pint stock
1 eschalot
Salt and pepper

Pluck, draw, singe, wash and wipe well the birds; truss and roast about 20 minutes, basting well with butter, just before they are done dust with flour and brown. Dish and garnish with cress and cut lemon. Serve with gravy made as follows:—Heat the butter, fry eschalot minced, add flour and brown, add the remaining ingredients and the drip from birds, boil 2 or 3 minutes, strain and serve in tureen.

VENISON

No. 395.

(*Venaison.*)

$\frac{1}{4}$ lb. butter
Teacup of red currant jelly

$\frac{1}{2}$ pint stock

For paste, 2 lbs. of flour, and enough cold water.

Venison should be hung some time, but it should not be stale. In selecting it, the veins in the neck should be bluish not yellow. The leg is usually covered before roasting with a thickish paste made with the flour and water. The saddle should have the ribs cut short and be covered thickly with buttered paper. Allow 15 minutes to the pound, and 20 minutes before it is done, remove paste or paper, and baste with the stock, butter and jelly mixed together. Dish with fried bread crumbs strewn over. Slightly thicken the cooking liquor with arrowroot or flour, and serve in a sauce-boat.

Sometimes a little wine is added, and red currant jelly may be handed round. Venison chops, steaks, &c., may be soaked in oil 24 hours, grilled and served with sauce piquant (No. 90), or with a sauce of 2 tablespoonfuls of port wine, 2 of red currant jelly, and an ounce of butter mixed, heated and poured over.

No. 396.

ROAST WIDGEON

(Canard Siffleur rôti).

Pluck, singe, cut off heads, draw and wipe the birds. Rub thickly with butter, dust with flour, roast 20 to 30 minutes, dust with salt and pepper. Serve with the gravy that has run from them and red currant jelly or orange gravy as for roast ortolans (No. 376).

No. 397.

WILD DUCK

(Canard Sauvage).

Pluck, singe, draw and truss the bird, roast 20 to 30 minutes basting well with butter, and just before it is done dredge with flour. Add to the drip a quarter pint of good stock, salt, pepper, juice of half a lemon, boil up and serve in a tureen. Port wine may also be added to gravy.

No. 398.

ROAST WOODCOCK

(Bécasses rôties).

Pluck the birds but do not draw them, truss them by pressing the legs close to the body, and pass the beak through to hold them in place; cover with fat bacon, and roast 20 minutes. Pieces of toast should be placed under the birds whilst roasting to catch the trail. Just before dishing remove bacon, spread over butter and allow to brown. Dish 1 bird on each slice of toast with the dripping spread evenly over. Garnish with cress and serve at once. A slightly thickened beef gravy may be served in a tureen with them.

COLD MEAT DISHES.

DESPITE its unattractive nature, Cold Meat Cookery must always occupy an important place in domestic management. It should always be borne in mind that the fact of the meat having been already cooked is no excuse for carelessness or lack of taste and discrimination in preparing these dishes: very tasty and pleasing results may be obtained with the exercise of the same judgment which is applied to other classes of cookery. To retain the flavour and tenderness of the meat it is necessary that it be *reheated* only, and not *recooked*. The method most commonly followed is to make a rich gravy or sauce to which the meat is added last of all, and warmed through. Special attention should always be given to the garnishing, in order to render the dish as attractive as possible.



COLD MEAT DISHES.

No. 399.

BEEF CAKES

(*Gâteaux de Bœuf*).

½ lb. minced beef
1 teaspoonful minced parsley
1 teaspoonful salt
¼ teaspoonful pepper

½ oz. butter
½ lb. cold boiled potatoes
1 egg
¼ lb. bread crumbs

Some frying fat



BEEF CAKES.

Rub the potatoes through a wire sieve with a wooden spoon, add to them the meat, pepper, salt, half the egg and the half oz. of butter melted; mix thoroughly; form into round cakes half an inch thick; brush over with the remainder of the egg, roll in bread crumbs; put in a frying basket and fry in a bath of smoking-hot fat; drain, and dish in a ring on a serviette or lace paper with a good bunch of parsley in the centre.

COLD MEAT (*in batter*)(*Beignets de Viande froide*).

Make a batter of $\frac{1}{4}$ lb. flour, $\frac{1}{2}$ pint milk, 1 egg, seasoning; cut neat pieces of meat or fowl, season, dip in batter, drop in hot fat and fry a light brown, garnish with fried parsley.

COTTAGE PIE(*Pâté à la Paysanne*).

Some cold minced meat		A little gravy
Some cold potatoes		Pepper, salt
		A little dripping

Rub the potatoes through a wire sieve with a wooden spoon; grease a pie dish, put in it alternate layers of potatoes and meat; add a little pepper, salt and gravy to each layer; continue this until the dish is full, having a good layer of potatoes at top; mark the top with a fork and put on a few morsels of dripping or butter. Bake a nice brown and serve hot.

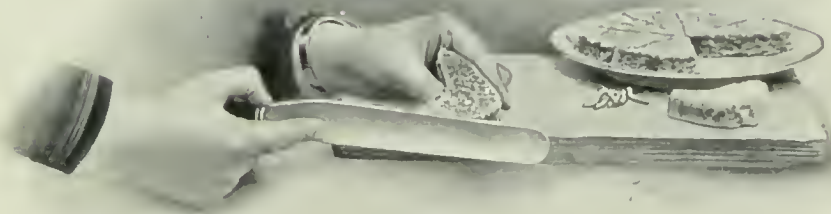
CROQUETTES OF BEEF OR MUTTON(*Croquettes de Bœuf, ou de Mouton*).

$\frac{1}{2}$ lb. cold minced meat		Some fat for frying
1 oz. butter		1 teaspoonful mushroom ketchup
1 oz. flour		$\frac{1}{4}$ teaspoonful pepper
3 ozs. bread crumbs		$\frac{1}{2}$ teaspoonful salt
1 egg		$\frac{1}{4}$ pint stock or gravy
		1 teaspoonful minced parsley

Melt the butter in a pan, add the flour, and when mixed stir in the stock; beat until quite smooth, and boil 3 or 4 minutes; add the ketchup, pepper, salt, parsley and minced meat; mix thoroughly; set aside until the mixture is cool and set; form into balls a little larger than a walnut, or into corkshaped; beat the egg slightly on a plate, brush over each of the balls with the egg, then roll them in finely made bread crumbs; put in a frying basket and fry a light brown in smoking-hot fat; drain on soft paper, dish in a heap on a folded serviette or lace paper; garnish with fresh or fried parsley (No. 749). Mashed potatoes or breadcrumbs may be added to increase the quantity.

COLD MEAT CUTLETS

(Côtelettes de Viande froide).



FORMING CUTLETS.

6 ozs. cold minced meat, mutton or
beef
6 ozs. bread crumbs
 $\frac{1}{4}$ pint stock or gravy
1 teaspoonful salt

A very little pepper
1 tablespoonful mushroom ketchup
Some frying fat
 $1\frac{1}{2}$ ozs. butter
 $1\frac{1}{2}$ ozs. flour



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COLD MEAT CUTLETS.

Melt the butter in a saucepan, stir in the flour, then add stock, salt, pepper and ketchup; boil 3 or 4 minutes, then add the minced meat and 3 ozs. of bread crumbs; mix thoroughly, spread on the centre of a large dinner plate and set aside until cool, then divide the mixture into 12 equal parts, form as near the shape of a mutton cutlet as possible; put in the thin end of each about an inch of piped macaroni; beat the egg slightly and with it brush over each cutlet, then roll them in the remainder of the bread crumbs; put in a frying basket and fry a light brown in smoking-hot fat; drain on soft paper; arrange neatly in a ring on a folded serviette or lace paper; in the centre place a good bunch of parsley.

BEEF AU GRATIN

No. 404.

(*Bœuf au Gratin*).

Some slices of cold beef
2 onions
2 or 3 mushrooms
Salt and pepper

1 oz. butter
4 tablespoonfuls stock
2 tablespoonfuls white wine
Brown bread crumbs

Put the slices of beef in fire-proof dish; make the butter hot and fry in it the onions and mushrooms finely minced; now add the stock, wine and seasoning, pour over meat, sprinkle with the bread crumbs and minced parsley. Put in the oven for about 10 minutes. Serve in the dish.

HASHED BEEF

No. 405.

(*Bœuf haché*).

1 lb. cold beef, cut in thin slices
2 small tomatoes
1 onion
1 oz. butter
½ teaspoonful salt

¼ teaspoonful pepper
1 carrot
½ small turnip
¾ oz. flour
½ pint gravy or water

Heat the butter in a saucepan, and brown in it the onion sliced, also the flour; add the stock and boil up; add tomatoes, carrot, turnip cut up, pepper and salt; simmer slowly three-quarters of an hour; skim the fat from the gravy, lay in the meat, and simmer very gently until heated through; dish the meat neatly, and pour over the gravy; garnish with toast and parsley.

HASHED MUTTON

(*Mouton haché*).

The remains of cold mutton, cut into slices	1 small onion
1/2 oz. flour	A few sprigs parsley
1 stalk celery	1/2 teaspoonful salt
1/2 pint stock	1/4 teaspoonful pepper
1 oz. butter	1 carrot
	Small piece turnip

Heat the butter in a saucepan, brown in it the onion, turnip and carrot sliced, then the flour; add the stock, which may be made by stewing the bones; when boiling, add celery, parsley, pepper and salt; boil half an hour, then add the mutton, taking care to remove the fat; allow this to simmer very slowly half an hour; dish with vegetables and garnish with fried sippets of bread.

COOKED MINCED BEEF

(*Hachis de Bœuf froid*).

1 lb. cooked beef or mutton minced	1 small onion
1 oz. flour	1 oz. butter
1/4 pint gravy or stock	1 1/2 teaspoonfuls salt
1 dessertspoonful mushroom ketchup	1/3 teaspoonful pepper

Heat the butter in a pan, brown in it the onion finely minced then the flour; add the gravy, salt, pepper, and ketchup; boil 3 or 4 minutes, then add the minced meat; allow this to warm through but not to boil; pour in a heap into a dish; garnish with toast and parsley. The onions may be omitted if not liked.

CASSEROLE of POTATOES (with Minced Meat)

(*Hachis de Viande froide en Casserole de Pommes de Terre*).

1 1/2 to 2 lbs. boiled potatoes	1 egg
1/4 lb. minced cold meat (any kind)	1 tablespoonful brown bread crumbs
1 teaspoonful mushroom ketchup	1/2 oz. flour
1 1/2 ozs. butter	1/4 pint stock
Salt and pepper	Parsley

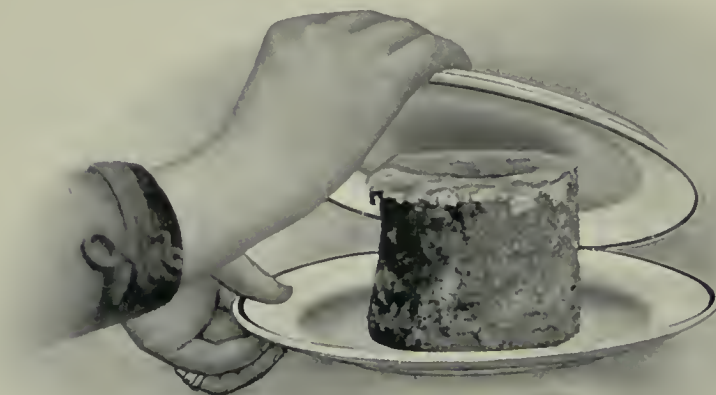
Rub the potatoes through a wire sieve with a wooden spoon, add to them half an oz. butter melted, salt and pepper to taste and half the egg; mix thoroughly. Butter well the inside of a deep plain cake tin, put in the crumbs and cover the sides with them by gently rolling the tin about, then line the tin half an inch thick with the potatoes, taking care not to disarrange the crumbs, also pressing the

potatoes well in or the casserole will break on turning out ; brush over the inside and edge of potato lining with remaining half of egg,



CASSEROLE OF COLD MEAT.

and bake 20 minutes or until a nice brown; turn out, then carefully turn over on to a dish. Heat the remaining 1 oz. butter



TURNING OVER THE CASSEROLE.

in a pan, brown in it the flour, add stock, ketchup, salt and pepper, boil 3 or 4 minutes, add meat and let it slowly heat through, but on no account must it be allowed to boil; pour the mixture thus made into the casserole. Garnish with parsley.

NOTE.—Instead of using a cake tin as above, a pie-dish may be lined with the potatoes in the same way, then after baking, the mince may be added and the whole served in the dish.

No. 409.

MINCED MEAT (*with Potato Border*)

(*Hachis de Viande froide au Bord de Pommes de Terre*).

1 lb. cold meat	1/2 oz. flour
Small onion	Salt
1/2 oz. butter	Pepper
1/4 pint stock	

Chop the onion and fry a nice brown in the butter, add stock, seasoning and a little Liebig Company's Extract of Meat and boil up; then stir in the meat finely minced; reheat but do not boil. Pilé in the centre of a dish with potatoes round.

No. 410.

BEEF ROLLS

(*Rissoles de Bœuf au four*).

1/4 lb. cooked minced beef or mutton	1/4 pint gravy
1 oz. flour	1 oz. butter
1/2 teaspoonful minced parsley	1/2 teaspoonful pepper
1/2 lb. flaky pastry (No. 624)	Salt

Heat the butter and brown in it the flour; add gravy, parsley, salt and pepper; boil 3 or 4 minutes and add beef. Have ready some thin squares of pastry; put on each 2 teaspoonfuls of the mixture; fold over each edge, and mark with the back of a knife; brush over with egg or milk; bake 15 minutes; dish on a lace paper and garnish with parsley.

No. 411.

COLD MEAT AND TOMATOES

(*Viande Froide aux Tomates*).

Cut some slices of cold meat, place in a dish alternate layers of meat, sliced tomato, raw potato and chopped onion, with seasoning between each; continue the layers until the dish is full; add a quarter pint water or stock, sprinkle bread crumbs on top, bake half to three-quarters of an hour and serve in dish.

VEGETABLE COOKERY.

ALTHOUGH a purely vegetable diet is probably not suited to most people, whilst from a culinary point of view it is quite inadmissible, vegetarianism has done much good by bringing about a more extended and varied use of this important class of foods, the juices of which have long been known to be essential to health. Vegetables should always be used quite fresh, as they soon begin to deteriorate. Before cooking or serving they should be thoroughly cleansed by soaking and washing with plenty of water containing salt; this is doubly important with lettuce and other salad vegetables which are served in their natural condition, as neglect of this precaution is a frequent cause of a troublesome affection.

Nearly all the various methods of cooking are applied to vegetables; many of these are illustrated in the recipes. Strongly flavoured greens may be rendered more palatable by boiling in several waters. To preserve the green colour of vegetables they should be gradually added to boiling water containing salt and kept *boiling fast* until cooked; if the water is very hard a very small quantity of soda may be added, but not enough to affect the flavour. Vegetables should always be well drained before dishing and garnishing.

On the continent vegetables are honoured by constituting a separate course, but in this country they merely form an accompaniment to the meat dishes. As Kettner humorously observes:—“At a French table the vegetable dish at the end of dinner is as much coveted and counted on as the pudding and tarts are by

children at an English table. Almost the only vegetable which Englishmen eat by itself is the artichoke, and this entirely because it cannot be put on their plates with meat and eaten with a fork—they have to strip it with their fingers. There is something in asparagus, too, which conduces to the same arrangement; but if by any possibility an Englishman can get the asparagus on the same plate with his meat, depend upon it he will. He is not going to eat vegetables alone—not he!” There can be no doubt that our ordinary dinner would be much improved by the introduction of a tastefully prepared dish of vegetables.



VEGETABLES.

No. 412.

BOILED GLOBE ARTICHOKEs

(*Artichauts bouillis.*)

Cut off the tips of the upper leaves and take away the stalks and hard leaves at the base; soak and wash well in salt and water; throw them into a pan containing plenty of boiling water and a little salt, and boil fast until tender; when quite done drain on a cloth, remove with a spoon the fibrous "choke" (Fr. *foin*) from the inside, heat up again in the water, drain, serve whole or cut in halves in a vegetable dish with a strainer, or on a folded serviette. Serve with butter sauce (No. 63) or with butter melted in a tureen.

No. 413.

ARTICHOKE BOTTOMS

(*Fonds d'Artichauts.*)

These are used extensively on the Continent as a dish, as a garnish, and as cups for holding *entrées*, &c. In this country they are usually obtained in tins.

No. 414.

BOILED JERUSALEM ARTICHOKEs

(*Topinambours bouillis.*)

Peel the artichokes and put them into cold water containing a little lemon juice to preserve the colour until required; then throw them into a pan containing two parts water and one part milk, enough to cover the artichokes; add a little salt and boil until tender, 15 to 20 minutes, drain and dry; then pile in tureen and pour over white sauce (No. 100).

JERUSALEM ARTICHOKEs À LA CRÈME

(*Topinambours à la Crème*)

Wash the artichokes and peel them, boil 15 minutes in plenty of water containing a little salt, lemon juice and butter; drain them and pour over butter sauce (No. 63), with a quarter pint cream stirred into it. Serve hot.

No. 416.

BOILED ASPARAGUS

(*Asperges bouillies*).

The asparagus should be quite fresh; scrape off the skin at the white end, tie in bundles and trim; throw into a pan of boiling water, containing 1 teaspoonful of salt to each quart, boil until tender (15 to 20 minutes). Toast a round of bread, cut off the crust and lay at the bottom of a dish. Arrange the asparagus neatly on the bread and serve with butter sauce (No. 63), which should be made with the water in which the asparagus has been boiled and served in a separate tureen. Cream may be added if liked. It may also be served with the following sauce:—

No. 416a.

MUSLIN SAUCE

(*Sauce Mousseline*).

½ pint water in which asparagus
has been boiled
½ oz. flour
2 ozs. butter

Salt and pepper
A little grated nutmeg
A little lemon juice
Yolks of two eggs

Melt the butter in a saucepan, stir in the flour, add the water, seasonings and lemon juice; boil up and strain with constant stirring to the yolks beaten; return to pan, place it inside another pan containing boiling water and continue stirring until the sauce is thick and creamy.

No. 417.

ASPARAGUS À L'ITALIENNE

(*Asperges à l'Italienne*).

Pick and wash the asparagus carefully, tie up in bundles of about 15 heads and cut the stalks evenly, about 7 inches

long; throw these into a pan with plenty of boiling water containing a teaspoonful of salt to each quart; boil 15 to 20 minutes, lift out and drain on a towel; dish on a fried croûton or a thick slice of buttered toast. Pour over the stalk ends a little Italian sauce (No. 76) and serve the remainder in a tureen.

No. 418.

BEANS AND BACON

(Fèves fraîches au Lard.)

Shell the beans (which should be young); throw them into enough boiling water to cover them, containing a little salt; boil until tender, 15 to 20 minutes; drain, add a little butter and pepper; dish in a tureen with small square of fried bacon; serve some parsley sauce (No. 88) in a separate tureen.

No. 419.

BROAD BEANS

(Fèves fraîches à la Crème).

1 pint beans
Teaspoonful lemon juice
2 raw yolks of eggs
2 ozs. butter

1 dessertspoonful parsley,
minced
 $\frac{1}{4}$ pint cream or milk
A little pepper

Shell the beans and throw them into boiling water containing 1 teaspoonful of salt to a quart, and boil until tender, then drain. Meanwhile mix the yolk, cream, parsley and pepper together, stand the pan in another pan containing some boiling water, stir until it thickens, adding the butter, then stir in the lemon juice; mix this with the beans, and serve.

No. 420.

FRENCH BEANS

(Haricots verts au beurre).

Skin and cut them into long strips; throw them into a pan containing plenty of boiling water, add 1 teaspoonful of salt to each quart of water; boil until tender, 15 to 20 minutes; when done, drain and shake in a pan until dry; add a little pepper and a small piece of butter; serve quite hot. A little minced parsley may be added if liked.

FRENCH BEANS À LA PARISIENNE

(*Haricots verts à la Parisienne.*)

1 to 2 lbs. beans
1 dessertspoonful chopped parsley
A dust sweet herbs
A few drops lemon juice
2 ozs. butter

1 teaspoonful flour
1 tablespoonful cream
A dust nutmeg
A small onion or eschalot,
minced

Wash and remove the string from the back of the beans, and divide them crosswise into thin shreds, throw them into plenty of boiling water containing a teaspoonful of salt to each quart and boil quickly until tender and drain. Meanwhile put half the butter into a saucepan and fry in it the onion 5 minutes; then add the flour, cream, a little of the water in which the beans have been boiled, parsley, herbs, nutmeg, and the remaining half of the butter gradually; stir the beans into this, reheat and dish in a heap on a fried croûton, or with small croûtons round the dish.

HARICOT BEANS

(*Haricots blancs au beurre.*)

Soak the beans overnight, drain, throw them into a pan of cold water, bring to the boil and simmer very gently $1\frac{1}{2}$ to 2 hours; about half an hour before the beans are done add a little salt, about 1 teaspoonful to each quart of water; when tender, drain, put back over a gentle heat for a minute or two to dry, with the lid half off; shake the pan occasionally, as with potatoes; add a piece of butter, and, if liked, a tablespoonful of minced parsley.

BOILED BEET-ROOT

(*Betteraves bouillies.*)

These should be washed by letting the water run over them, but not touched with the hand or the rootlets may be broken, which would spoil the colour. Put them into boiling water and boil $1\frac{1}{4}$ to 2 hours, according to size. When a piece of straw will pierce the beets, they may be considered done. When cold, skin and serve sliced, plain, with vinegar or with Spanish onions sliced.

BROCCOLI

(*Brocoli*).

See Cauliflower (No. 430).

BOILED CABBAGE

(*Choux au Beurre*).

Remove the outer leaves, cut off the stalk, divide the cabbage into 2 or 4 pieces, according to size; allow this to soak for an hour or two in some salt and water; drain thoroughly and put into plenty of boiling water, containing 1 teaspoonful of salt to each quart; allow them to boil fast with the lid off 30 minutes to 1 hour, pour into a colander, press out all the water, add a little salt, pepper and a piece of butter; press into a dish and divide into squares. Serve as hot as possible.

BRAIZED CABBAGE

(*Chou frisé braisé*).

1 good sized Savoy cabbage	1 carrot
1 onion	1 small turnip
A few sprigs parsley	1 stalk celery
1 pint stock	Salt and pepper
A bunch sweet herbs	½ oz. glaze

Cut the cabbage in half and steep in cold water, with salt, some hours before cooking it; then throw it into plenty of boiling water, containing 1 teaspoonful of salt to each quart; boil quickly about 20 minutes, lift out and drain, also remove the stalk from the centre. Put all the above vegetables (sliced) into a pan, lay the cabbage on the top, pour round the stock and boil 'til tender. Lift out and drain, press into a dish and divide in

Dissolve the glaze in 2 tablespoonfuls of stock and " cabbage, and serve.

BOILED CARROTS

(*Carottes bouillies*).

Wash and scrub the carrots if young, if old they will require lightly scraping and dividing into 2 or 4 pieces, according to

size; throw them into plenty of boiling water, containing 1 teaspoonful salt to each quart; boil fast, with the lid off, until quite tender, half an hour when young, 1 to 2 hours if old. These may be served whole, or cut up small, with addition of a little butter, pepper and salt; they may then be pressed into a mould and turned out, if liked.

No. 428.

BRAIZED CARROTS

(Carottes braisées).

8 or 9 young carrots		½ oz. glaze
1 pint good brown stock		1 tablespoonful sugar
Salt and pepper		

Trim the carrots and scrape them; keep them in cold water until ready for use. Put them into a pan with the stock, boiling, and the sugar; boil until tender; lift out and keep hot. Meanwhile add glaze and seasoning to stock, and reduce it by fast boiling to one half. Dish the carrots, pour round the gravy and serve. If old carrots are used they must be divided and boiled a little longer.

GLAZED CARROTS

No. 429.

(Carottes glacées).

1 doz. young carrots		1 tablespoonful sugar
Salt and pepper		1 tablespoonful gravy
		½ oz. glaze

Trim the carrots, scrape them and keep in cold water until ready for use. Put them into a pan of boiling water, containing 1 teaspoonful of salt to each quart and the sugar; boil until tender; add glaze, gravy and seasoning, toss about over the gas until the glaze is melted, and serve. If old carrots are used they must be divided and boiled a little longer.

No. 430.

BOILED CAULIFLOWER

(Choux-fleurs à la sauce).

Cut off the stem and remove the outer leaves, allow it to soak in cold salt and water for an hour before it is cooked; put the cauliflower head downwards into a pan of boiling water, containing 1 teaspoonful of salt to each quart; allow it to boil rather fast, with the lid off, 12 to 25 minutes, skimming occasionally; drain and serve flower uppermost covered with white sauce (No. 100).

CAULIFLOWER (*German Fashion*)

(*Choux-fleurs à l'Allemande*)

2 or 3 cauliflowers
2½ ozs. butter

4 tablespoonfuls brown bread
crumbs

Salt and pepper

Boil the cauliflowers in water containing a little salt until soft; lift out and drain; melt the butter, throw in the crumbs and fry for a few minutes; season and pour over cauliflowers and serve.

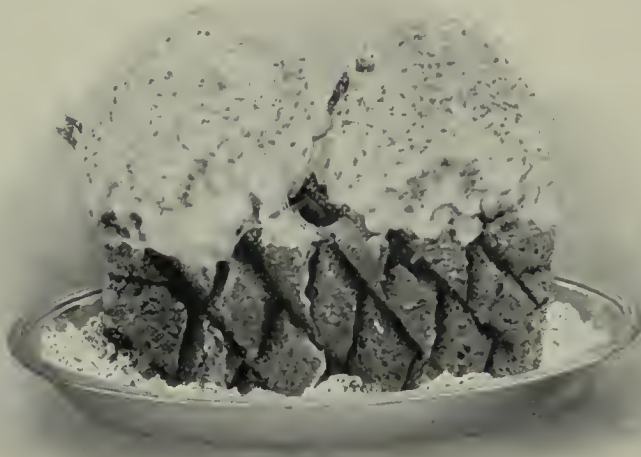
CAULIFLOWER (*au Gratin*)

(*Choux-fleurs au gratin*).

2 small cauliflowers
¼ teaspoonful pepper
A few grains cayenne
½ teaspoonful salt
1 oz. butter

3 ozs. Parmesan cheese, grated
¼ pint water
¼ pint milk
1 oz. flour
A few drops lemon juice

Allow the cauliflowers to soak for an hour in salt and water, drain well and cut off the stems quite close, put them head down-



CAULIFLOWERS (AU GRATIN).

wards into a pan of boiling water, adding 1 teaspoonful salt to each quart; allow these to boil until tender, 12 to 20 minutes, drain and set in a dish with the flower uppermost; make a sauce by putting the flour and butter into a saucepan, rub

them together over a gentle heat until melted and mixed, then add the water, milk and seasonings; allow to boil 3 minutes, then add half the grated cheese; pour this over the cauliflowers, sprinkle over the top of the remainder of the cheese; put in a hot oven for 2 or 3 minutes to brown slightly. The cauliflowers may be dished on a croûton of fried bread (*See Plate*).

PURÉE OF CAULIFLOWERS

No. 433.

(*Purée de Choux-fleurs*).

2 small cauliflowers	1/2 oz. flour
1/2 oz. butter	2 tablespoonfuls white stock
2 tablespoonfuls cream	A few drops lemon juice
Pepper, salt, and cayenne	

Soak the cauliflowers an hour before boiling in salt and water, throw into a pan of boiling water containing 1 teaspoonful of salt to each quart; boil until tender, lift out and drain. Melt the butter, stir in the flour, stock, cream and flavourings; add the cauliflower and mix well, rub the whole through a wire sieve, reheat and serve garnished with fried croûtons.

No. 434.

BOILED CELERY

(*Céleri à la Sauce*).

Clean and remove the outside stalks, cut in even lengths, tie up in bundles, put into a pan of boiling water containing a little salt, boil with the lid off until tender, lift out and drain; arrange neatly on a piece of toasted bread and pour over white sauce (No. 100). The celery may be boiled in stock instead of in water.

FRIED CELERY

No. 435.

(*Céleri frits*).

1/4 dozen small heads celery	2 eggs
1/4 lb. bread crumbs	2 ozs. butter
Salt and pepper	

Remove the outside leaves, wash and trim the celery, throw into a pan of boiling water with a little salt, and simmer until tender, lift out and divide each head lengthwise in half; dry thoroughly, brush over with the eggs beaten, and roll in finely-made bread crumbs seasoned with salt and pepper; heat in a frying pan the butter, put in the celery, and fry a nice light brown, remove and drain, dish on a serviette or lace paper, sprinkle with finely-minced parsley and serve.

STEWED CUCUMBERS

(*Concombres sautés*).

1 good-sized cucumber	Yolks of 2 eggs
1 dessertspoonful parsley	2 ozs. butter
$\frac{1}{2}$ teaspoonful lemon juice	$\frac{1}{2}$ oz. flour
$\frac{1}{4}$ pint stock	$\frac{1}{4}$ pint cream or milk

Peel and divide the cucumber into 4 lengthwise, remove the seeds, and cut into pieces about 3 inches long; put into boiling water 5 minutes, remove and drain; heat the butter, and fry them 5 minutes; remove, and add to the butter the flour, cream, stock, salt, pepper, and lemon juice; put back the cucumber and simmer until tender; dish, add the parsley minced to the sauce and stir to the raw yolks; pour over the cucumber and serve.

VEGETABLE MARROW

(*Courge à la moelle, sauce blanche*).

Divide the vegetable marrow into 4 or 8 pieces, according to size; peel, trim them neatly and remove the seeds; put into a pan of boiling water containing a little salt and a small piece of butter; boil gently until tender, 15 to 40 minutes, according to age; drain and dish them on toasted bread; pour over them white sauce (No. 100).

STUFFED VEGETABLE MARROW

(*Courge à la Moelle farcie*).

1 egg	$\frac{1}{4}$ tin mushrooms
1 medium-sized marrow	2 tablespoonfuls minced ham
Yolk of 1 egg	$\frac{1}{4}$ lb. bread crumbs
Pepper, salt, and cayenne	1 teaspoonful minced parsley

Peel the marrow, and take out the centre. Boil 15 minutes in plenty of water, containing a little salt; lift out and drain; prepare a forcemeat of the mushrooms, ham, half the bread crumbs, parsley, pepper, salt and cayenne, all mixed with the egg; put this carefully into the centre of the marrow; put in a dripping tin, brush over with the yolk of egg, dust with bread crumbs and bake until brown. Dish on a lace paper and garnish with parsley.

BOILED ONIONS

(*Oignons au Beurre*).

Peel the onions, put into boiling water 5 minutes, strain and put into a pan of boiling water, containing a little salt; boil 1 hour. Serve with a little butter, pepper and salt on top of each.

ONIONS (*stewed brown*)

(*Oignons sautés*).

4 Spanish onions	1 1/2 ozs. butter
1 teaspoonful flour	1/2 pint brown stock
1/2 do. salt	1/4 teaspoonful pepper

Heat the butter in a pan and when brown place in the onions, peeled, and fry them a light brown; remove from the pan and add the flour, brown this, then add the stock, salt and pepper; boil up, put back the onions and stew gently 1 to 1 1/2 hours. Serve in a tureen with the gravy strained over.

GLAZED ONIONS

(*Oignons glacées*).

1 1/2 doz small onions	1 tablespoonful stock
1/2 oz. butter	1/2 oz. glaze
Pepper and salt	Pinch of sugar

Peel onions, boil 5 minutes, then drain; boil about 15 minutes in fresh water containing 1 teaspoonful salt to each quart and drain; add to onions in pan the stock, glaze, sugar, butter and seasoning, shake about over the gas until onions are coated with the glaze, and dish.

STUFFED ONIONS

(*Oignons farcis*).

1/2 doz. small Spanish onions	2 ozs bacon
Veal forcemeat (No. 744)	1/4 pint brown stock

Peel the onions and take out the centres, sprinkle with salt and pepper and fill with the forcemeat; put into a stewpan with the stock poured round and some pieces of bacon on top of each; simmer until soft, about three-quarters of an hour; add a little of the Liebig Company's Extract of Meat to gravy and serve round.

No. 443.

BOILED PARSNIPS

(Panaïs bouillis).

Wash and pare thinly the parsnips, put into a pan of boiling water, allowing 1 teaspoonful of salt to each quart of water; boil until tender, 30 to 40 minutes; if large they should be divided; drain and serve. These are usually served with pork.

No. 444.

PARSNIPS À LA FRANÇAISE

(Panaïs à la Française).

3 or 4 parsnips
A little lemon juice
1 egg

¼ lb. bread crumbs
1 tablespoonful minced parsley
2 ozs. butter

Peel and wash the parsnips and if large cut in half; throw in plenty of boiling water, containing a little salt and lemon juice. Boil until tender, lift out and drain, brush over with the egg, beaten, and roll in crumbs; heat in a frypan the butter, fry the parsnips a nice brown; sprinkle with the parsley, dish in a pyramid, and pour over the butter that is left in the pan.

No. 445.

BOILED GREEN PEAS

(Petits Pois au Beurre).

Shell the peas just before they are required; throw them into enough boiling water to cover them, allowing 1 teaspoonful of salt, and half teaspoonful of sugar to each quart; boil until tender, about 15 to 20 minutes, with the lid off and skim occasionally; when done, drain, add a little pepper and a small piece of butter; serve at once. A sprig of mint may be boiled with the peas.

GREEN PEAS (*with maître d'hotel butter*)*(Petits Pois à la Maître d'Hôtel).*

1 pint green peas, shelled
Pepper and salt
2 ozs. butter

1 bunch of mint
1 tabl. spoonful minced parsley
A little lemon juice

Throw the peas into plenty of boiling water, containing a tea-spoonful of salt to each quart and a sprig of mint; boil fast until tender, then drain. Mix with the butter the minced parsley and the lemon juice; stir this amongst the peas, reheat them by shaking over the gas. Serve hot.

BAKED POTATOES

(Pommes de Terre au four).

Potatoes
Beef dripping

Salt
Pepper

Wash and peel the potatoes, if large, cut in half, put into a dripping pan with plenty of beef dripping, sprinkle with salt and pepper and bake to a nice brown, turning occasionally. They will require about 1 hour. Serve on a folded serviette.

BOILED POTATOES

(Pommes de Terre bouillies).

Choose the potatoes as near one size as possible, wash them, peel them very thinly, and remove the eyes; as they are peeled drop them into cold water until they are all ready: put them into a pan of cold water, adding 1 teaspoonful of salt to each quart of water; allow them to boil very slowly until tender, drain, put back over the gas for a few minutes with the pan lid half off, shake occasionally until quite dry and floury. In shaking, take care not to break them. 20 to 35 minutes should be enough to cook the potatoes, but this varies according to size and kind.

BOILED NEW POTATOES

(Pommes de Terre Nouvelles).

The potatoes should be freshly dug and the skins removed by scraping or rubbing with a cloth; drop into cold water until they are all ready, then put into a saucepan of boiling water, containing a sprig of mint and 1 teaspoonful salt to each quart; allow them to boil slowly 15 to 30 minutes, or until tender; drain and set over the gas a few minutes to dry, shaking occasionally; when dry put a piece of butter in the pan. Serve at once.

POTATO BORDER

(Bordure de Pommes de Terre).

One pound potatoes mashed, seasoned and moistened with half an egg; 1 oz. butter melted; mix well, put round the dish with a spoon or by means of a forcing bag and rose tube.

POTATO CHIPS

(Pommes de Terre frites en Allumettes).

Peel and cut the potatoes into even strips, about three-eighths of an inch thick; wipe very dry and put in a wire frying basket. place the basket into enough smoking-hot fat to cover them; fry until brown, drain on soft paper, sprinkle over with pepper, salt, and minced parsley, and serve at once or they will go soft.

POTATO CROQUETTES

(Croquettes de Pommes de Terre).

1 lb. mashed potatoes
1 egg
1 oz. butter
Salt and pepper

3 ozs. bread crumbs
Fat for frying
Parsley

Melt the butter, mix with potatoes, salt, pepper and a little of the egg, beaten; flour the hands and form into pear shapes, brush over with beaten egg, roll in the crumbs and fry in smoking-hot fat



CROQUETTES OF POTATOES.

until nicely browned; drain, dish on a lace paper and garnish with parsley, putting a little of the parsley stem in the thin end of each.

ROAST POTATOES

No. 453.

(Pommes de Terres rôties).

Wash the potatoes thoroughly, wipe them, lay on the grid shelves in a gas oven and roast gently for 30 to 40 minutes, according to size. Serve on a folded serviette with pats of butter.

POTATO SNOW

No. 454.

(Pommes de Terres en Neige).

Take some boiled potatoes, add a little melted butter, salt and pepper, rub through a wire sieve, or pass through a potato masher. Serve just as they run through the sieve, very light.

No. 455.

STEAMED POTATOES

(Pommes de Terre cuites à la Vapeur).

Wash, peel, and remove the eyes from the potatoes, drop into cold water until they are all ready; put them into a steamer and set over a pan of boiling water, after 15 minutes sprinkle with salt; they will require 30 to 40 minutes; when done, remove the steamer from the pan of water and set in a warm place with the lid half removed; shake occasionally so as to make them floury.

No. 456.

SALSIFY

(Salsifis à la Sauce).

Prepare the same as parsnips cut into pieces, drop into boiling water containing 1 teaspoonful of salt to each quart and the same of lemon juice. Boil until tender, about 1 hour. Serve with white sauce poured over.

No. 457.

SEA KALE

(Choux Marins).

Soak the sea kale and wash thoroughly; remove the dark leaves and tie up in bunches; throw into a pan of boiling water, allowing 1 teaspoonful of salt to each quart; boil until tender, about 20 to 30 minutes; drain, untie and serve with white sauce (No. 100) either poured over or in a tureen.

No. 458.

BOILED SPINACH

(Purée d'épinards à la Crème).

2 lbs. spinach
1 oz. butter
1 oz. flour

2 tablespoonfuls cream or milk
Salt and pepper
Water

Soak the spinach in cold water, wash and pick it from the stems, throw into a pan of boiling water containing a teaspoonful salt to each quart; boil with the lid off until tender, 8 to 10 minutes, drain, press out the water, chop finely, or rub through a wire sieve. Melt butter in a saucepan, add flour, stir, add cream or milk and spinach, stir over the gas until it thickens, add seasoning and serve.

BRUSSELS SPROUTS

(*Choux de Bruxelles*).

Allow the sprouts to stand some time in salt and cold water, changing it occasionally; cut off the stems and take away outer leaves, throw them into plenty of fast boiling water, adding to each quart 1 teaspoonful of salt; boil fast with the lid off, skimming occasionally; when done, drain, add a small piece of butter and a little pepper; serve at once; if liked, white sauce (No. 100) may be served with them.

BRUSSELS SPROUTS AU GRATIN

(*Choux de Bruxelles au gratin*).

About 1½ lbs. of sprouts	3 tablespoonfuls grated
½ pint good white sauce (No. 100)	Parmesan cheese

Pick and steep the sprouts in cold water and salt a few hours before cooking. Throw them into plenty of boiling water, containing a teaspoonful of salt to each quart. Boil quickly 10 minutes, then drain. Have ready half a pint of good white sauce, containing 1 tablespoonful of grated Parmesan cheese, add 2 tablespoonfuls of the sauce to the sprouts, shake this well amongst them. Dish them in a heap on a fried croûton, or in the centre of a dish, pour over the remainder of the sauce, and sprinkle over with grated Parmesan; brown under a gas grill or in a quick oven and serve.

DRESSED TOMATOES

(*Tomates garnies*).

6 medium-sized tomatoes	1 tablespoonful Mayonnaise
1 small coldboiled potato	(No. 82)
¼ small cucumber	1 teaspoonful minced parsley
Pepper, salt, and vinegar	

Cut a round about the size of a shilling from the stem end of the tomatoes, remove the core without breaking the skin and sprinkle inside a little salt, pepper and vinegar. Cut up the potato into small pieces, also the cucumber into thin pieces; mix them together with the parsley, pepper, salt and Mayonnaise, and with these fill the tomatoes. Smooth over with a little Mayonnaise and serve on a lace paper or folded serviette.

STUFFED TOMATOES

(Tomates farcies).

6 or 8 medium-sized tomatoes	A dust of sweet herbs
9 mushrooms, minced	Pepper and salt
1 tablespoonful minced parsley	1 egg
A small piece of onion	3 ozs. butter
3 tablespoonfuls lean ham, tongue,	$\frac{1}{2}$ pint stock
or chicken	Brown bread crumbs
	1 teaspoonful flour



STUFFED TOMATOES.

Remove the top from the tomatoes and scoop out the centres, taking care not to break the skin, season each with salt and pepper. Put 1 oz. butter into a saucepan with 6 of the mushrooms, parsley, onions, 2 tablespoonfuls ham, sweet herbs, pepper and salt, all minced; fry 6 or 8 minutes; mix and fill each tomato with the forcemeat; put into a baking tin with 1 oz. butter, cover with buttered paper, bake gently 15 minutes. Put the centres of the tomatoes into a saucepan with 2 or 3 mushrooms, 1 small onion, 1 tablespoonful of minced ham, 1 oz. butter; fry for 5 minutes, then add 1 teaspoonful flour, the stock, salt and pepper, boil until reduced to half the quantity; skim off the fat, pass through a fine sieve, reheat, and pour round the tomatoes; sprinkle on the top of each tomato a few brown bread crumbs.

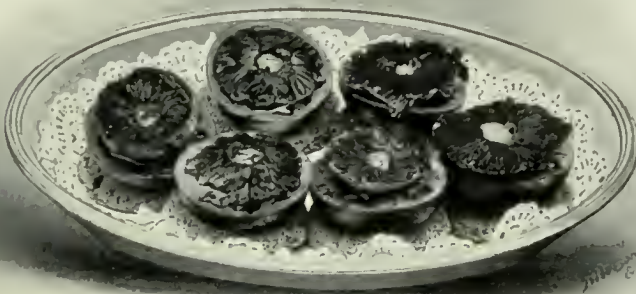
TOMATOES WITH MUSHROOMS

(Tomates aux Champignons).

½ doz. medium-sized mushrooms
3 medium tomatoes
2 ozs. butter

Salt and Pepper
½ doz. pieces of bread,
stamped into rounds

Pick and skin the mushrooms, cut each tomato in half, season all with salt and pepper, arrange on the bottom of the grilling tin (the tomatoes cut side up and the mushrooms skin side down) with



TOMATOES WITH MUSHROOMS.

a small piece of butter on each and grill 3 or 4 minutes; they will not need turning. Toast the bread, butter it and dish a piece of tomato and a mushroom on each round as shown in the plate. Any butter or liquid remaining in the grilling tin may be poured over.

No. 463.

BOILED TURNIPS

(Navets à la Crème).

Turnips
Salt and pepper

Butter
A little cream
Water

Choose the turnips as nearly one size as possible, peel thickly, drop into boiling water containing a teaspoonful of salt to each quart, boil till tender, mash up with a little pepper and butter, add the cream, press into a mould and turn out into the dish.

NOTE.—A mould of carrots and 1 of turnips side by side make a nice dish. The turnips may also be served whole.

GLAZED TURNIPS

(*Navets glacés*).

$\frac{1}{2}$ doz. turnips
1 oz. butter
Salt

$\frac{1}{2}$ oz. sugar
 $\frac{1}{2}$ pint good brown stock
A little lemon juice

Peel and divide the turnips into small pear shapes, melt the butter in a pan, stand in the turnips, pour round the stock, add sugar, salt and lemon juice; simmer until tender, remove the turnips and stick in the thin end of each about 1 inch of the stalk of parsley as a garnish. Boil down the gravy to one half, pour over and round the turnips and serve.



SALADS.

No. 465

ANDALUSIAN SALAD

(*Salade Andalouse*).

1 Spanish onion
1 cucumber
3 tomatoes

Oil
Vinegar
1 hard-boiled yolk of egg
Salt and pepper

Peel the vegetables and mince them all together ; add seasoning, oil and vinegar ; pile in a dish and rub the yolk of egg through a sieve over the top.

No. 466.

BEETROOT SALAD

(*Salade de Betterave*).

2 boiled beetroots
Salt
Pepper

2 hard-boiled eggs
Oil
Vinegar

Cut up the beetroot into slices, also the egg ; arrange alternately round a dish, season and pour over a little oil and vinegar ; serve in an hour.



LOBSTER SALAD.

LOBSTER SALAD

(*Salade de Homard*).

1 hen lobster
2 hard-boiled eggs
1 beetroot boiled

Salad dressing (No. 470)
Any small salad in season, such
as endive and lettuce

Cucumber

Wash and dry the salad, put into a dish or bowl with the meat from the claws and a little from the body, also some of the cucumber sliced. Pour over a little of the dressing, mix, garnish with cucumber, beetroot, nice pieces of lobster from the body, the whites of eggs chopped and yolks put through a sieve.

SUMMER SALAD

(*Salade d'Été*).

Lettuce
Cress
Tomatoes

Hard-boiled eggs
Radishes
Cucumber

Salad dressing (No. 470)

Clean and dry thoroughly; cut up small, or the lettuce, cress, and radishes may be left whole; cut up tomatoes, cucumber and eggs, put into a bowl, and pour over the salad dressing. This may be garnished with the eggs and tomatoes to taste.

WINTER SALAD

(*Salade d'Hiver*).

Celery
Beetroot
Salt, pepper

Onion
Watercress
Hard-boiled egg

Vinegar and salad oil

Mince the onion finely, cut up the celery, mix with the cress, garnish with the beetroot and eggs, pour over vinegar and oil; Mayonnaise sauce may be used instead of the vinegar and oil.

SALAD DRESSING

(*Sauce pour Salade*).

1 yolk of egg, hard-boiled
1 small teaspoonful mustard
½ teaspoonful castor sugar

1 tablespoonful oil
3½ tablespoonfuls cream
1½ do. vinegar

Mince the yolk, add the mustard and sugar, mix well and add the oil, then the cream, and lastly very carefully add the vinegar.

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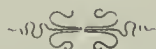
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CAKES, BREAD & BISCUITS.

BETWEEN the extremes of the elaborate bridecake and the humble girdle-cake is exhibited probably a much greater variety than can be shown by any other department of the art.

In the making of fruit or rich cakes, one of the principal points is to have the mixture well beaten. It is a custom with some to drop in the eggs unbeaten to the mixture, but as this very much increases the labour of beating and possesses no compensating advantage, it will be found a wise practice to thoroughly beat the eggs before adding. If in addition the butter and sugar are carefully creamed together and the flour passed through a sieve, a little subsequent beating will suffice. It is sometimes recommended to use the hand to cream the butter and sugar, but this is not a pleasant operation; it is a better method to beat them together with a wooden spoon in a bowl made warm by standing in a little hot water, taking care not to apply enough heat to oil the butter. If baking powder is used it should be added last. A fruit-cake mixture should not be made too soft or the fruit may subside towards the bottom of the cake during the baking.

Plain moulds are usually lined with thin well-greased or buttered paper; fancy moulds are simply buttered and a piece of greased paper is pinned round the outside to protect the cake. This latter procedure applies equally to sponge cake moulds, which are also dusted over the inside with a mixture of fine sugar and flour.

In baking cakes the Gas Oven has proved itself most useful because of the great ease and exactitude with which it can be regulated. This regulation of the heat is most important in view of the

ingredients being of a sugary nature. Large and rich cakes should be placed on a grid shelf about the middle of the oven, the gas having been lighted full on for about 5 minutes beforehand and turned down to one-third on putting in the cake. On commencing to brown turn the gas down as low as possible and allow to cook slowly through. This rule will apply also to cakes of the sponge variety, except that these do not require so long baking and may be finished with the gas at about one-third. Small cakes should be put into a rather hotter oven (gas full on 8 to 10 minutes beforehand) and the gas turned to about one-third on putting in. They should be placed on the solid shelf which is slotted to allow the heated air to pass, or on a round or square cake tin smaller than the oven rested on a grid shelf and arranged near the top of the oven. To ascertain when the cooking is finished the old-fashioned plan of thrusting in a bright skewer is perhaps the best ; if it is withdrawn quite clean the cake is cooked.

Several fanciful methods have from time to time been introduced to prevent the burning of cakes, such as standing the cakes in sand, using double shelves, &c. I would state positively that with a good **Gas Range** and proper attention to the regulating there is no need whatever for any of these devices, as large rich cakes can be left in the gas oven 3 hours and upwards with perfect results. The great point in cake baking is not to use too much gas.

BREAD AND TEA-CAKES.

The chief elements of success in making these are—to have good flour and good yeast, to attend carefully to the preparation of the latter, to use lukewarm water, to knead thoroughly, and to bake properly. There is no need for elaborate directions if the simple ones in the recipes are followed out with care. Nowhere is home-made bread found to greater perfection than in the North of England, Lancashire and Yorkshire particularly, and the tea-cakes of these two counties are a real luxury. The **Gas Range** is now very largely and successfully used in their production. To bake bread, have the oven well heated to begin with (gas full on 8 or 10 minutes). Arrange the loaf-tins on the grid

shelves, taking care not to crowd the oven too much, leaving a space all round and between each loaf. Turn the gas to three-quarters full on and leave the ventilator open until the bread is sufficiently risen and commencing to brown, then turn the gas down to about one-third, close the ventilator and allow the bread to finish cooking through. If the bread is preferred crusty, a little more gas may be used. For baking Tea-cakes, &c., the directions given for other small cakes will generally apply; they must be well risen before putting into the oven and baked quickly. Small rolls may be placed on the solid shelf and treated much in the same way. Baking powder is often advertised as being superior to yeast for making bread; whilst it is useful where good yeast is not obtainable, there cannot be any doubt that the bread made from the latter is very much to be preferred.



CAKES, BREAD & BISCUITS.

No. 471.

COCOANUT BALLS

(Boulettes au Noir de Coco).

¼ lb. butter	¼ lb. castor sugar
6 ozs. desiccated cocoanut	3 eggs
2 ozs. flour	¼ pint double cream
A few drops of vanilla	

Beat the butter and sugar to a cream; add the eggs beaten and the flour; beat until quite smooth and light, then add a quarter of a pound of the cocoanut. Pour this into a round cake mould, lined with buttered paper—the mixture should be about $1\frac{1}{2}$ inches thick. Bake 20 to 30 minutes, lift carefully out and remove the paper; when cold, stamp out in rounds with a plain cutter about $2\frac{1}{2}$ inches in diameter; whip up the cream until stiff, flavour with vanilla and sweeten; dip the rounds in the cream, sprinkle with cocoanut and serve.

No. 472.

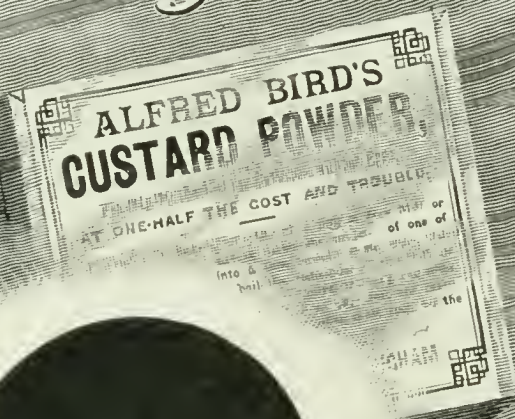
BREAD

(Pain à l'Anglaise).

6 lbs. flour	1 dessertspoonful salt
$1\frac{1}{2}$ ozs. German yeast	Some water

Crumble the yeast into a basin, add to it 1 teaspoonful sugar and the same of flour, pour over it half a pint of lukewarm water, cover and set in a warm place to rise; mix the salt with the flour, make a well in the centre, mix the yeast together with the water; pour into the flour with a little more lukewarm water, stir in a little flour and allow this to stand $1\frac{1}{2}$ hours, covered; add enough warm

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water to make into a dough, knead lightly with the hands until the dough leaves them quite clean; turn the smooth side uppermost, cut across, cover and leave in a warm place to rise 2 hours; divide and knead slightly, make into loaves, allow it to rise 10 to 15 minutes. Bake in a hot oven until it is risen and slightly browned, then reduce the gas until it is baked—three-quarters of an hour should be allowed for a 2 lb. loaf.

If bread is required in a hurry, the yeast may be added and kneaded without allowing it to stand. The principal thing in making bread is to get good yeast and take care that the water is lukewarm.

No. 473.

VIENNA BREAD

(*Pain Viennois*).

3 lbs. Vienna flour		1 oz. German yeast
1 good teaspoonful salt		3 ozs. butter
Enough milk to make into a dough.		

Crumble the yeast into a basin, add to it 1 teaspoonful sugar and 1 teaspoonful flour, cover with lukewarm milk, cover and set in a warm place to rise; rub the butter into the flour, add the salt, make a well in the centre, mix the yeast and add with enough warm milk to make a dough; knead this lightly with the hands until the dough leaves them quite clean; turn the smooth side uppermost, cut across, cover and set in a warm place to rise 2 hours; knead lightly, divide into small rolls, plaits, twists, or according to taste; set them on a greased tin in a warm place to rise 10 minutes; brush over with a little milk and sugar. Bake in a rather hot oven a light brown.

No. 474.

CORNFLOUR BUNS

(*Bugnes au Cornflour*).

Same mixture as No. 487, baked in small tins 15 minutes.

No. 475.

GINGER BUNS

(*Bugnes au Gingembre*).

½ lb. flour		1½ ozs. butter
1½ teaspoonfuls baking powder		1½ ozs. dripping or lard
1 teaspoonful grated ginger		3 ozs. brown sugar
Pinch of salt		1 oz. mixed candied peel
1 egg		A little milk

Rub the butter and dripping into the flour, add all the dry ingredients ; beat up the egg with a little milk, add to flour, &c., mix thoroughly ; divide in 12 small heaps on a greased tin ; bake 15 minutes in a rather hot oven.

LEMON BUNS

No. 476.

(Bugnes au Citron).

$\frac{3}{4}$ lb. flour	A little nutmeg
1 egg	2 ozs. castor sugar
$\frac{1}{4}$ pint milk	$\frac{1}{4}$ lb. butter
Juice and rind (grated) of 1 lemon	2 teaspoonfuls baking powder
2 ozs. currants	$\frac{1}{4}$ oz. caraway seeds
2 ozs. lemon peel	Pinch of salt

Rub the butter into the flour, add all the dry ingredients, beat up the egg and milk, with this mix the flour to a stiffish paste ; divide into 12 buns, place on a greased baking sheet, brush over with a little milk and sugar. Bake in a quick oven 8 to 10 minutes.

LONDON BUNS

No. 477.

(Bugnes à la Londres).

1 lb. flour	$\frac{1}{4}$ lb. butter
$\frac{1}{4}$ lb. castor sugar	2 teaspoonfuls baking powder
2 eggs	2 ozs. candied peel
Grated rind of $\frac{1}{2}$ lemon	A little milk
3 ozs. sultanas	A few pieces of lump sugar

Pass the flour through a wire sieve ; rub into it the butter, add all the dry ingredients, the peel cut up ; beat up the eggs, add to them a little milk, add to flour, &c., mix rather stiffly ; divide into 9 heaps on a greased tin ; brush over each with a little egg or milk ; break up the lump sugar into coarse pieces, and sprinkle over each ; bake in a rather hot oven 20 to 30 minutes.

RASPBERRY BUNS

No. 478.

(Bugnes aux Framboises).

3 ozs. sugar	1 egg
$\frac{3}{4}$ ozs. butter	$\frac{1}{2}$ teaspoonful baking powder
$\frac{1}{2}$ lb. flour	1 tablespoonful raspberry jam
A little grated lemon rind	

Rub the butter into the flour, add sugar, lemon rind, the egg and enough milk to mix into a very stiff paste. Pile in heaps on a baking tin ; make a little hole in the centre of each and fill with the jam ; bake in a quick oven.

ALMOND CAKE

(Gâteau aux Amandes).

See Coconut Cake (No. 486). Leave out the cocoanut and add the same quantity of ground almonds.

No. 480.

ALMOND CAKES

(Gâteaux aux Amandes).

3 ozs. flour	4 ozs. butter
2 ozs. ground almonds	3 eggs
1 teaspoonful brandy	Water icing (No. 692)
4 ozs. sugar	
2 ozs. roughly chopped and browned almonds	

Beat the butter and sugar to a cream, then add the eggs, well beaten, alternately with the flour sifted: beat 5 minutes, add the ground almonds, and spread the mixture in a baking tin, lined with oiled or buttered paper; bake 15 minutes; remove from the oven, pour over the icing, and sprinkle with the browned almonds. When cold divide into finger lengths or diamonds and dish in a pyramid.

No. 481.

ANGELIC CAKE

(Gâteau angelique).

$\frac{1}{2}$ lb. arrowroot or cornflour	$\frac{1}{2}$ lb. castor sugar
$\frac{1}{4}$ lb. butter	A few drops almond essence
Whites of 3 eggs	$\frac{1}{2}$ teaspoonful baking powder

Beat the butter and sugar to a cream, sift in the arrowroot or cornflour, add flavouring and baking powder. Lastly add the whites of egg beaten to a stiff froth. Pour into a shallow tin lined with greased paper and bake about 40 minutes in a slow oven.

No. 482.

LITTLE APRICOT CAKES

(Petits Gâteaux aux Abricots).

1 large egg	$\frac{1}{2}$ oz. minced pistachios or almonds
2 ozs. castor sugar	2 ozs. flour
A few drops vanilla	2 ozs. butter
3 tablespoonfuls apricot jam	3 tablespoonfuls Demerara sugar
3 tablespoonfuls water	

Beat the butter and sugar to a cream, add the egg beaten and the flour sifted; beat thoroughly 5 minutes; butter some small

dariole moulds with dissolved butter; mix 1 teaspoonful of flour and 1 teaspoonful of sugar together and with this dust each of the moulds, then three-parts fill them with the mixture; bake 15 minutes in a slow oven. Put the jam, Demerara sugar and water into a saucepan and boil 10 minutes, or until syrupy; then put through a fine hair sieve. Turn out the cakes and dip each in the purée and sprinkle with the minced pistachio nuts or almonds. Dish neatly and strain round the base of the dish the remainder of the apricot purée. Serve hot or cold.

No. 483.

BIRTHDAY CAKE

(Gâteau de Fête).

¼ lb. flour
3 ozs. mixed candied peel
¼ lb. butter
¼ lb. eggs (2 large)
¼ lb. castor sugar

2 ozs. ground almonds
¾ lb. currants
2 tablespoonfuls brandy
Almond paste (No. 690)
Royal icing (No. 691)

Beat the butter and sugar to a cream, beat up the eggs and add to butter and sugar alternately with the flour, which must be sifted; beat thoroughly and add the remainder of the ingredients; pour into a mould well lined with buttered paper; bake 3 hours in a moderate oven; after the first hour the heat must be reduced and the cake finished slowly. This should be kept 3 or 4 weeks, then covered with the almond paste about half an inch thick and if liked it may be cut through the centre and half an inch of almond paste put between—if the 2 layers of paste are used, three-quarters of a pound of ground almonds will be required, if 1, just half the quantity will be sufficient—when this is set cover the cake with the royal icing; allow the first coating to set, then decorate; set in a warm place until quite set, then the cake is ready for use. It will take about 1½ lbs. of icing sugar to cover and decorate the cake.

No. 484.

CHERRY CAKE

(Gâteau aux Cerises).

½ lb. flour
3 eggs
½ lb. castor sugar

6 ozs. candied cherries
A little grated lemon rind
½ lb. butter

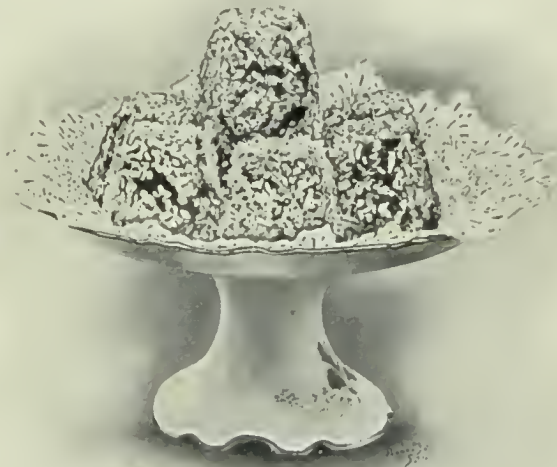
Beat the butter and sugar to a cream, beat up the eggs, add alternately with the flour and milk, and beat thoroughly; lastly add the lemon rind and fruit; pour into mould well lined with oiled paper. Bake in a moderate oven 1½ hours.

CHOCOLATE CAKES

(*Gâteaux au Chocolat*).

1 large egg	$\frac{1}{4}$ teaspoonful baking powder
The weight of the egg in	$\frac{1}{2}$ tablespoonful Cadbury's cocoa
butter, castor sugar, and flour	essence
$\frac{1}{2}$ teaspoonful vanilla	

Put the butter and sugar into a basin and beat together with a wooden spoon until creamy; if the butter is hard it may be slightly warmed; beat the egg and pass the flour through a sieve. Add these alternately to the butter and sugar, beat



CHOCOLATE CAKES.

5 or 10 minutes, then add the vanilla, cocoa and baking powder. Pour into small dariole moulds, three-parts filling them and bake 15 to 20 minutes in a slow oven. When baked allow them to stand a few minutes and turn out. Cover each with chocolate icing (No. 692). Sprinkle with minced pistachios, and when set serve. To prepare the moulds, mix 1 teaspoonful castor sugar and 1 teaspoonful flour together, butter the moulds thickly with melted butter, then dust them with the sugar and flour.

COCOANUT CAKE

(Gâteau au Noir de Coco).

10 ozs. flour	Grated rind of $\frac{1}{2}$ lemon
1 teaspoonful baking powder	4 eggs
$\frac{1}{4}$ lb. desiccated cocoanut	$\frac{1}{4}$ lb. butter
$\frac{1}{4}$ lb. castor sugar	

Beat the butter and sugar to a cream, beat up the eggs and add alternately with the flour, sifted, to the butter and sugar; beat thoroughly, and lastly stir in the baking powder and the cocoanut; pour into a mould well lined with oiled paper. Bake in a moderate oven $1\frac{1}{2}$ hours.

CORNFLOUR CAKE

(Gâteau au Cornflour).

2 ozs. butter	2 eggs
2 ozs. flour	2 ozs. cornflour
2 ozs. castor sugar	$\frac{1}{2}$ teaspoonful baking powder
	Flavouring

Beat the butter and sugar to a cream, add the eggs, well beaten, flour, baking powder, cornflour and essence; beat for a few minutes, bake in a tin lined with greased paper 30 or 40 minutes.

GENOESE CAKE

(Gâteau Gênois).

Genoese pastry (No. 676)	A few drops cochineal
$\frac{1}{2}$ oz. minced pistachios	$\frac{1}{4}$ pint apricot purée
$\frac{1}{2}$ pint cream	A few drops vanilla essence
$\frac{1}{4}$ pint sherry	1 oz. castor sugar

Bake 3 round cakes of Genoese pastry, 4, 6, or 8 inches diameter and 2 inches thick; stamp out the centre of each with a round 2 inch cutter. Place the largest cake on a dish, sprinkle with sherry, put the next largest on top, sprinkle again, put on top the smallest and sprinkle again; brush the whole over with the apricot purée, sprinkle with the pistachio kernels; whip up the cream, stir to it the sugar and vanilla, put into a forcing bag with a rose tube, fill the centre of the cake and make a pile on top. Decorate the steps of the cake with the cream in small roses.

GINGER CAKE

(*Gâteau au Gingembre*).

10 ozs. flour
 $\frac{1}{4}$ lb. butter
 $\frac{1}{4}$ lb. castor sugar
 3 ozs. preserved ginger
 4 eggs

$\frac{1}{4}$ teaspoonful grated ginger
 1 teaspoonful baking powder
 A little grated lemon rind
 A tablespoonful syrup from
 preserved ginger

Beat the butter and sugar to a cream, beat up the eggs and add to them the syrup from the ginger; add the eggs alternately with the flour, sifted, to the butter and sugar; beat thoroughly and lastly add the baking powder, ginger, lemon rind and the preserved ginger cut in three-eighths inch squares; bake in a moderate oven $1\frac{1}{2}$ hours.

No. 490.

MOCHA CAKE

(*Gâteau à la Moka*).

$\frac{1}{4}$ lb. butter
 $\frac{1}{4}$ lb. castor sugar

$\frac{1}{4}$ lb. flour
 2 large eggs
 A little flavouring



MOCHA CAKE

Beat the butter and sugar to a cream, add the flour and the eggs, well beaten; beat until quite light and add flavouring. Butter a plain mould with melted butter, dust with castor sugar and flour, pour in the mixture and bake in a slow oven. When cold cover with coffee icing (No. 692). Decorate with butter icing (No. 694).

MADEIRA CAKE

No. 491.

(Gâteau à la Madère).

½ lb. flour	1 teaspoonful baking powder
5 ozs. butter	5 ozs. castor sugar
4 eggs	1 tablespoonful brandy

Beat the butter and sugar to a cream, add alternately the flour and yolks of eggs, well beaten, beat 10 minutes, and lastly, add the baking powder, and whites of eggs beaten to a very stiff froth; pour into a mould lined with oiled paper, place on the top a long piece of citron peel. Bake in a moderate oven 1 hour.

MOUNTAIN CAKE

No. 492.

(Gâteau Montagne).

A little milk	2 eggs
6 ozs. flour	2 ozs. butter
1 oz. candied peel	Pinch salt
2 ozs. castor sugar	Grated rind of half a lemon
½ teaspoonful baking powder.	

Mix the baking powder and salt with the flour, rub in the butter, add the sugar, grated lemon rind, candied peel and the yolks beaten with enough milk to moisten. Lastly, add the whites of eggs beaten to a stiff froth. Pour into a mould lined with greased paper and bake in a moderate oven about three-quarters of an hour.

ORANGE CAKES

No. 493.

(Gâteaux aux Oranges).

Sponge cake (No. 508), flavoured with orange rind	2 oranges
	2 ozs. sugar

When the sponge cake is cold, cut in slices, stamp out with a round cutter 3 inches in diameter, divide in half; put the sugar

into a saucepan with 1 tablespoonful of orange juice; boil to a syrup; divide the remaining orange into segments, drop into syrup and boil 5 minutes; dish 1 piece of orange on each part of sponge cake; cover with orange icing (No. 693). Sprinkle with pistachios and serve.

PARISIAN CAKE

No. 494.

(*Gâteau Parisien*).

3 eggs	3 ozs. flour
6 ozs. castor sugar	Whites of 3 eggs
½ glass sherry, or some apricot juice	Apricot and raspberry jam

Put into a bowl the 3 whole eggs with 3 ozs. of sugar, whip over a pan of hot water until warm and a very thick froth, stir in lightly the flour, do not beat; prepare a plain, deep, round mould by greasing it thickly with melted butter, then dust it with a little sugar and flour mixed; pour in the cake mixture, pin a band of greased paper round; bake half an hour, or until set; turn out, make a few holes in top, pour in the sherry or apricot juice; whip up the whites of eggs to a stiff froth; add flavouring and sugar, whip well, cover the cake as if with ordinary icing and sprinkle the sides with cocoanut or pistachios. Put the remainder of white of egg into a forcing bag with a fancy tube and decorate the top, forming 4 little wells; put into a very slow oven to set, then fill the wells with apricot and raspberry jam.

No. 495.

PLUM CAKE

(*Plum-cake à l'Anglaise*).

¾ lb. butter	¼ lb. candied orange, lemon, and citron peel, mixed
¾ lb. flour	Grated rind of 1 lemon and 1 orange
¼ lb. candied cherries	½ teaspoonful mixed spice
½ lb. sugar	A dust of salt
¼ lb. raisins	1 glass of brandy
¼ lb. sultanas	4 eggs
4 ozs. chopped almonds	

Beat the butter and sugar to a cream, add the eggs (well beaten) alternately with the flour, sifted, then add brandy and beat the mixture 10 minutes. Stone the raisins and chop slightly, also divide the cherries and cut up the peel into rather large pieces, add the whole of the above ingredients to the cake, mix well, and pour into a cake mould, first lined with oiled paper. Bake in a moderate oven 3 to 3½ hours.

POTATO CAKES

(*Gâteaux aux Pommes de Terre*).

1 lb. mashed potatoes		½ lb. flour
Salt		1 egg
		1 oz. butter

Mix the potatoes and flour together with the egg, adding first the salt. Roll out one-third of an inch thick ; bake on a girdle or on a baking tin. When cooked, split and butter them.

POUND CAKES

(*Gâteau Quatre-quarts*).

½ lb. flour		½ glass brandy
½ lb. eggs (4 large)		½ lb. butter
¼ lb. currants		½ lb. castor sugar
¼ lb. candied peel, mixed		¼ lb. sultanas
Grated rind of two lemons		2 ozs. minced almonds

Beat the butter and sugar to a cream, then add the flour, passing it through a wire sieve alternately with the eggs well beaten, beat 10 minutes and add the remaining ingredients ; pour into a tin lined with oiled paper, and bake in a moderate oven 2½ hours. If it is put into a shallow dripping tin, then it will not require so long baking. This may be covered when cold with almond paste (No. 690) and when set with royal icing (No. 691). Then before the icing is set cover with large crystallized sugar ; set in a warm place until firm. It is always best to ice a cake just before it is required for use.

GERMAN POUND CAKE

(*Gâteau Quatre-quarts à l'Allemande*).

10 ozs. flour		½ lb. castor sugar
4 eggs		½ lb. butter
Grated rind of 1 lemon		2 ozs. candied peel
3 ozs. sultanas		3 ozs. currants

Beat the butter and sugar to a cream ; beat up the eggs and add alternately with the flour to the sugar and butter ; beat thoroughly and stir in the remainder of the ingredients ; pour into a well greased mould and pin round a band of greased paper. Bake in a slow oven about 2 hours.

QUEEN CAKES

(*Gâteaux à la Reine*).

¼ lb. butter	½ lb. flour
¼ lb. castor sugar	1 oz. currants
¼ teaspoonful baking powder	3 eggs

Rub the butter into the flour; add all the dry ingredients and then the eggs well whipped; beat together a few minutes; pour into small moulds well buttered and dusted with sugar. Bake in a slow oven about 15 minutes.

No. 500.

RICE CAKE

(*Gâteau au Riz*).

2 ozs. ground rice	1 teaspoonful baking powder
Grated rind half lemon	4 ozs. fine flour
½ lb. sugar	3 small eggs

¼ lb. butter

Beat the butter and sugar to a cream, beat up the eggs, add alternately with the flour, sifted; beat thoroughly, add the ground rice, lemon rind and baking powder; pour into a mould lined with buttered or oiled paper. Bake 1½ hours in a moderately heated oven.

No. 501.

ROCK CAKES

(*Gâteaux Rochers*).

½ lb. flour	1½ ozs. dripping or lard
3 ozs. brown sugar	1½ ozs. butter
3 ozs. currants	1 teaspoonful baking powder
A little grated nutmeg	1 egg
A pinch of salt	A little milk

Pass the flour through a wire sieve, rub into it the butter and lard, add all the dry ingredients, beat up the egg with a little milk, mix thoroughly, arrange in little high heaps on a greased baking sheet; put on the top of each a small piece of candied peel; bake in rather a hot oven 15 minutes. This quantity should be divided into 12 cakes.

No. 502.

SAVOY CAKES

(*Gâteaux à la Savoie*).

½ lb. butter	2 ozs. savoy biscuit crumbs
½ lb. flour	Grated rind and juice of 1 lemon
6 ozs. castor sugar	Grated rind and juice of 1 orange
4 eggs	1 teaspoonful baking powder

¼ lb. desiccated cocoanut

Put the butter and sugar into a bowl, beat together to a cream, add the flour and biscuit crumbs, egg well beaten, lemon and orange rind and juice, also baking powder, and beat the whole thoroughly. Brush over some small moulds with melted butter, dust with 1 teaspoonful of sugar and 1 teaspoonful of flour mixed together, three-parts fill the moulds, cover with rough desiccated cocoanut and bake until a nice brown, about 15 minutes.

RICH SEED CAKE

No. 503.

(Gâteau Anisé, fin).

½ lb. fine flour
3 ozs. butter
1 oz. caraway seeds

3 eggs
½ lb. castor sugar
A little lemon rind grated

Beat the butter and sugar to a cream, add the eggs well beaten and the flour sifted, beat thoroughly, add the remainder of the ingredients, stir all together, pour the mixture into a mould lined with well-buttered paper. Bake in a moderate oven 1½ hours.

SEED CAKE

No. 504.

(Gâteau Anisé).

¾ lb. flour
1 oz. candied peel
½ oz. caraway seeds
½ lb. brown sugar
1½ teaspoonfuls baking powder

A little nutmeg
2 ozs. dripping or lard
2 ozs. butter
Pinch of salt
1 egg

About ¼ pint milk

Pass the flour through a sieve, rub into it the butter and lard, add all the dry ingredients except the baking powder; beat up the egg with the milk, strain this to the cake mixture and beat five minutes; lastly add the baking powder; pour into a mould lined with oiled paper. Bake 1¼ to 1½ hours.

SHREWSBURY CAKES

No. 505.

(Gâteaux à la Shrewsbury).

¼ lb. butter
1 egg
Rind of 1 lemon

1 teaspoonful caraway seeds
6 ozs. flour
¾ lb. castor sugar
½ teaspoonful cinnamon.

Beat the butter and sugar to a cream; add the flour, seed, cinnamon, egg and enough water or milk to make a stiff paste. Roll out, cut in rounds and bake a nice light brown. The caraway seeds may be left out if not liked.

SNOW CAKE

(*Gâteau de Neige*).

$\frac{1}{4}$ lb. butter		1 teaspoonful baking powder
$\frac{1}{2}$ lb. potato flour		$\frac{1}{4}$ lb. castor sugar
A few drops of lemon essence		Whites of 2 eggs
Yolk of 1 egg.		

Beat the butter and sugar to a cream, add the eggs (beaten) alternately with the potato flour ; beat 10 minutes. then stir in the lemon essence and baking powder. Pour into a flat baking tin, which must be buttered, dusted with sugar, then with flour the mixture should cover the tin about half an inch thick ; bake in a slow oven half an hour, turn out, and when cold divide in finger lengths or fancy shapes. This may also be covered with any of the water icings if liked.

SODA CAKE

(*Gâteau au Sel de Soude*).

$\frac{1}{2}$ lb. flour		2 ozs. butter
2 ozs. currants		2 ozs. dripping
2 ozs. sultanas		1 oz. candied peel, minced
$\frac{1}{4}$ lb. brown sugar		$\frac{1}{2}$ teaspoonful carbonate soda
2 eggs		A little milk
$\frac{1}{4}$ teaspoonful nutmeg		

Pass the flour through a sieve, rub into it the butter and dripping, add all the dry ingredients except the soda, which must be dissolved in a very little milk ; beat the eggs and add together with the milk to the mixture ; pour at once into a mould lined with oiled paper ; bake in a moderate oven $1\frac{1}{4}$ to $1\frac{1}{2}$ hours.

SPONGE CAKE

(*Gâteau de Savoie*).

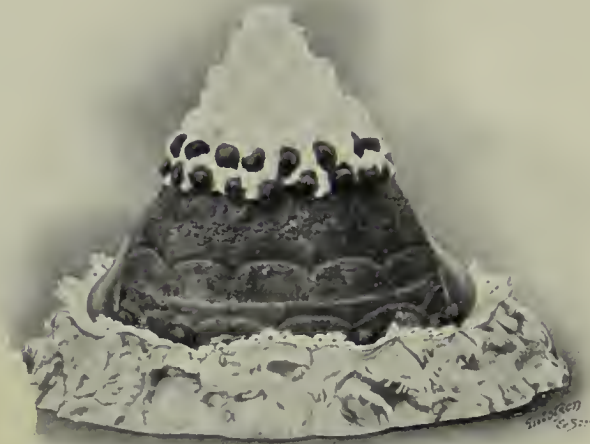
3 eggs		3 ozs. castor sugar
3 ozs. flour.		

Put the eggs and sugar into a basin, set over a pan of hot water and whip until warm and frothy, about 20 minutes ; stir in very lightly the flour (which should be sifted), and a little flavouring essence if liked ; pour into a well buttered mould, dusted with a mixture of equal quantities of castor sugar and flour. Bake about three-quarters of an hour in a slow oven.

SPONGE CAKE (with Cream)

(Gâteau de Savoie à la Crème).

Sponge Cake (No. 508)	1/2 oz. minced pistachio kernels
Apricot purée (No. 751)	1/2 pint double cream
1 glass sherry	1 oz. castor sugar
A little flavouring essence	



SPONGE CAKE (WITH CREAM).

Prepare sponge cake, pour into an open mould, bake about 20 minutes and turn out when cold, sprinkle it with the sherry, cover with apricot purée and sprinkle with pistachios; whip the cream stiff, add sugar and flavouring and pile in the centre of the cake: the base may be decorated with a few candied cherries (*see Plate*).

SULTANA CAKE

(Gâteau à la Sultane).

12 ozs. flour	1/4 lb. butter
2 ozs. candied peel	1/4 lb. castor sugar
1 teaspoonful baking powder	1/4 lb. sultanas
3 eggs	A little milk
A little grated lemon rind	

Pass the flour through a wire sieve, rub into it lightly the butter, add all the dry ingredients except the baking powder ; separate the yolks from the whites of the eggs, beat up the yolks with a little milk, with this mix the flour, &c., rather stiffly, and add the baking powder ; whip up the whites of the eggs to a stiff froth and stir in lightly : pour into a mould lined with well-oiled paper. Bake $1\frac{1}{2}$ hours in a moderate oven.

No. 511.

TEA CAKES

(Tea-cakes à l'Anglaise).

1 lb. flour
 $\frac{1}{2}$ oz. German yeast
 About $\frac{1}{2}$ pint milk

1 oz. butter
 1 egg
 1 teaspoonful sugar

Rub the butter into the flour, add a pinch of salt, mix the sugar and yeast together, then add a little of the milk slightly warm, allow to rise, add to this the flour, also the egg ; mix into a soft dough, leave to rise in a warm place for $1\frac{1}{2}$ to 2 hours. Lift on to a board, divide in pieces, roll out ; put on a baking sheet in a warm place until risen ; bake in a quick oven 10 to 15 minutes.

SURPRISE CUTLETS

(Côtelettes en Surprise).

3 ozs. butter
 5 ozs. grated cocoanut ; or
 3 ozs. desiccated cocoanut
 2 tablespoonfuls raspberry jam
 3 tablespoonfuls water

2 eggs
 A little candied angelica
 3 ozs. flour
 3 ozs. castor sugar
 2 tablespoonfuls Demerara sugar

Beat the castor sugar and butter to a cream ; add the eggs (beaten), the flour and cocoanut ; beat thoroughly. Butter some small cutlet moulds, dust them with sugar, then with flour, and nearly fill with the mixture. Bake 15 minutes in a slow oven, turn out and when cold stick in the thin end of each about 1 inch of angelica, to represent the cutlet bone ; dish in a circle round a glass or silver dish ; boil the Demerara sugar, jam and water 10 minutes, rub through a hair sieve and when cold pour round the cutlets. Half a pint of double cream may be whipped stiff, flavoured with sugar and vanilla and piled in the centre.

CHOCOLATE FINGERS

(*Doigts au Chocolat*).

3 ozs. butter	3 ozs. castor sugar
$\frac{1}{2}$ oz. Cadbury's cocoa essence	1 teaspoonful vanilla
6 ozs. flour	2 eggs
$\frac{1}{2}$ teaspoonful baking powder	A little milk

Beat the butter and sugar to a cream; add flour, eggs, vanilla and cocoa. beat a few minutes; pour into a dripping tin lined with greased paper; bake slowly half an hour, remove from tin, take off the paper and ice with chocolate icing (No. 692).

GATEAU OF PEACHES

(*Gâteau aux Pêches*).

$\frac{1}{2}$ tin of peaches	3 eggs
$\frac{1}{2}$ teaspoonful cochineal	3 ozs. flour
2 teaspoonfuls vanilla	3 ozs. castor sugar
1 oz. pistachio nuts	$1\frac{1}{2}$ oz. butter
A little water icing.	

Put the eggs and the sugar into a basin, place this over a pan of boiling water and whip briskly until warm; remove the basin, and continue the whipping until the mixture is almost stiff enough to lift up with the whisk. Rub the peaches through a fine sieve and add 2 tablespoonfuls of the purée to the mixture. the cochineal, 1 teaspoonful of vanilla and the flour passed through the sieve. Stir this in very lightly. Brush over a plain mould with melted butter, then throw into it some castor sugar, shake the mould so as to coat it entirely. turn it over and knock out the loose sugar, then dust in the same way with flour. Pour in the mixture and pin round the outside a band of buttered paper; bake for about 30 minutes in a slow oven; remove from the mould and when cold cut in slices about 1 inch thick, spread thickly with the remainder of the purée. place the rounds together again and pour over the water icing, prepared as follows:—6 oz. icing sugar, 2 tablespoonfuls liquid from the peaches and a little vanilla, stir over a gentle heat until warm and liquid, then pour over the cake and quickly dust with the pistachios blanched, finely chopped and dried. Serve as it is as a cake or as a sweet serve round if the remainder of a tin of peaches and a little whipped cream here and there round the base.

PARKIN

No. 515.

$1\frac{1}{2}$ lb. fine oatmeal
 $\frac{1}{2}$ lb. butter
Small teaspoonful of carbonate soda
1 lb. treacle
 $\frac{1}{2}$ oz. ground ginger

$\frac{1}{2}$ lb. flour
 $\frac{1}{4}$ lb. Demerara sugar
A little grated lemon rind if
liked
A little milk

Mix flour, oatmeal, ginger and lemon rind; warm the treacle and butter, add to flour, &c.; dissolve the soda in a tablespoonful of milk; mix all together, adding a little more milk if necessary; pour into a baking tin lined with greased paper; bake in a rather slow oven about three quarters of an hour, but this will depend upon size of tin and thickness of parkin: about $2\frac{1}{2}$ in. thick is convenient.

ALPHA ROCKS

No. 516.

(Rochers à l'alpha).

2 ozs. butter
1 egg
 $1\frac{1}{2}$ ozs. sweet almonds, ground

6 ozs. flour
 $\frac{3}{4}$ ozs. castor sugar
 $\frac{1}{4}$ teaspoonful baking powder

Beat the butter and sugar to a cream, add the flour, baking powder, almonds, egg beaten, and enough milk to mix it into a stiff paste. Drop on to a greased tin, and bake in a sharp oven about 15 minutes.

COCOANUT ROCKS

No. 517.

(Rochers au noix de Coco).

White of 4 eggs
 $\frac{1}{2}$ lb. castor sugar

2 ozs. potato flour
 $\frac{1}{2}$ lb. dessicated cocoanut

Whip the egg to a stiff froth; mix the sugar and flour together, stir lightly to the whites, then add as much cocoanut as will make a stiff paste; pile in little heaps on cap paper on a tin, bake in a slow oven until firm, moisten the paper and remove.

SALLY LUNNS

No. 518.

(Gâteaux Sally Lunn).

1 lb. flour
2 ozs. sugar
2 ozs. butter

1 egg
A little milk
1 oz. German yeast

Rub the butter into the flour, add the sugar and a pinch of salt; break up the yeast with a little sugar; moisten with lukewarm milk; set in a warm place for 10 minutes; stir smooth and pour into the centre of flour, add the egg well beaten; work the whole into a very soft dough. Set aside to rise $1\frac{1}{2}$ to 2 hours. Work lightly and pour into moulds or rings $1\frac{1}{2}$ inch deep, leave to rise 20 minutes, then bake in a rather quick oven 15 minutes.

LEMON CHEESE SANDWICH

(*Sandwich au Lemon Cheese*).

3 eggs	1½ ozs. butter
Grated rind of 1 lemon	3 ozs. castor sugar
3 ozs. flour	Lemon cheese mixture.

Put the eggs, sugar and grated lemon rind into a basin, stand it over a pan of boiling water, and whip until warm; remove and continue whipping until quite stiff; pass the flour through a fine wire sieve and add alternately with the butter melted, taking care to stir the mixture very gently, and on no account beat it. Pour into 3 shallow round tins, about 8½ inches in diameter, first brushed over with a little melted butter, then dusted with castor sugar and flour; bake 8 to 10 minutes in a slow oven. Before turning out, allow the tins to stand 2 or 3 minutes. When cool, spread each thickly over with the lemon cheese (No. 747); lay the rounds together, divide into 8 or 12 pieces, dish on a lace paper, dust with castor sugar, and serve.

SCONES

(*Scones à l'Anglaise*).

1 lb. flour	2 ozs. butter or dripping
2 teaspoonfuls baking powder	Enough milk to mix into a light
A little salt	paste

Rub the butter into the flour, add the salt and baking powder, mix thoroughly; then stir in the milk and knead lightly; divide into two, roll each piece into a round, and cut in four; brush over the top of each with a little milk or egg. Bake 6 to 10 minutes in a rather quick oven. 1 oz. sugar and 2 ozs. sultanas may be added, if liked.

GINGER BREAD SPONGE

(*Pain d'Épices Épongé*).

½ lb. golden syrup	10 ozs. flour.
2 ozs. butter	2 ozs. brown sugar
1 large egg or 2 small ones.	About 2 tablespoonfuls milk
½ oz. ground ginger	1 small teaspoonful allspice
½ teaspoonful soda	

Pass the flour through a sieve into a bowl, mix with it the ginger, allspice and sugar; put the milk, syrup and butter into a saucepan, warm until the butter is melted, add to the flour, &c.; dissolve the soda in a little milk and add also the eggs beaten, beat thoroughly, pour into a shallow tin lined with greased paper; bake in a slow oven 30 to 40 minutes and when cold cut into fingers.

No. 522.

SWISS ROLL

(*Rouleau Suisse*).

3 eggs
3 ozs. flour

3 ozs. castor sugar
2 tablespoonfuls jam

Put the eggs and sugar into a basin, set over a pan of hot water and whip briskly 20 minutes, or until the mixture is just warm and quite a froth; sift the flour to the eggs and sugar, stir in very lightly, taking care not to beat the mixture after the flour is added; line a rather long flat tin with buttered paper and dust it over with castor sugar; pour in the mixture; it should cover the tin and be about one-third inch deep; bake in a moderate oven 8 to 10 minutes; when done remove the paper, cut off the edges, warm the jam, spread over the top and roll as quickly as possible after it is taken from the oven; cover with castor sugar and serve hot or cold.

No. 523.

AMERICAN BREAKFAST BISCUITS

(*Biscuits Américains*).

1 lb. flour
3 ozs. butter
1 teaspoonful baking powder

1 oz. sugar
1 egg
½ pint milk
Salt

Mix the baking powder with the flour, rub in the butter, add the sugar, salt, and mix into a light dough with the egg well beaten, and the milk; divide into pieces, roll out half an inch thick; prick with a fork; bake in a sharp oven 15 minutes.

No. 524.

SPICE BISCUITS

(*Biscuits aux Épices*).

¼ lb. flour
2 ozs. castor sugar
1 teaspoonful treacle

¼ teaspoonful baking powder
2 ozs. butter
1 egg
½ teaspoonful mixed spice

Beat the butter and sugar to a cream, add the treacle, mix the baking powder and spice with the flour, add these alternately with the egg beaten. Roll out quarter inch thick and stamp into rounds ; bake in a moderate oven about 10 minutes.

No. 525.

SUGAR BISCUITS

(*Biscuits Sucrés*).

2 ozs. castor sugar	2 ozs. butter
$\frac{1}{4}$ lb. flour	$\frac{1}{4}$ saltspoonful grated nutmeg
Enough milk to mix into stiff paste	A pinch of baking powder

Rub the butter into the flour, add the sugar, nutmeg and baking powder, moisten the whole with the milk, roll out quarter inch thick, cut in rounds with a fancy cutter, place on a baking sheet, dust with castor sugar and bake 8 or 10 minutes in a slow oven.

No. 526.

WHEATMEAL BISCUITS

(*Biscuits de Blé*).

$\frac{1}{2}$ lb. flour	1 oz. butter
$\frac{1}{2}$ pint milk	$\frac{1}{2}$ saltspoonful salt
1 oz. castor sugar	A pinch carbonate of soda

Dissolve the butter and soda in the milk by warming, mix the meal, sugar, and salt together, add the milk, mix the whole into a stiff paste, roll out thinly, cut in rounds, pierce all over with a fork, place on a greased tin, and bake 10 minutes in a rather slow oven. One egg may be used instead of milk, if required richer.

No. 527.

WINE BISCUITS

(*Biscuits pour le Vin*).

$\frac{1}{2}$ lb. flour	2 ozs. currants, if liked
$\frac{1}{4}$ lb. butter	$\frac{1}{2}$ teaspoonful baking powder
1 large egg	$\frac{1}{4}$ lb. castor sugar
A little grated lemon rind	

Rub the butter into the flour, add lemon rind and baking powder, moisten with the egg, beaten ; roll out a quarter of an inch thick, cut with a variety of cutters, place on a greased baking sheet, and bake 8 minutes in a moderate oven.

BRANDY SNAPS À LA CRÈME

(Oublies à la Crème).

2 ozs. flour
2 ozs. butter
 $\frac{1}{2}$ teaspoonful ginger
 $\frac{1}{2}$ pint cream

2 ozs. Demerara sugar
2 ozs. golden syrup
 $\frac{1}{2}$ teaspoonful lemon juice
 $\frac{1}{2}$ teaspoonful vanilla

Put the butter, sugar, syrup, and ginger into a saucepan, heat it gently until the butter is melted, then sift in the flour and add the lemon juice. Wax or grease a baking pan and pour into rounds, at a good distance apart, 1 teaspoonful of the mixture



BRANDY SNAPS À LA CRÈME.

Bake in a slow oven a deep golden brown; lift out of the oven, and, just as they are commencing to set, lift off with a knife and quickly roll round a slipper mould, with the rough side out; when set, remove the mould. Whip up the cream, add a little sugar and the vanilla, fill some with white cream, and the remainder may be coloured pink; serve at once.

MACAROONS

(Macarons).

$\frac{1}{4}$ lb. crushed sweet almonds
 $\frac{1}{2}$ lb. castor sugar

Whites of 4 eggs
 A few drops almond essence

Whip up the eggs to a very stiff froth, add essence, sugar and almonds, and stir lightly together. Cover a baking sheet with cap paper, on the top of this put a sheet of wafer paper, then on this drop teaspoonfuls of the mixture; place on the top of each some almonds, blanched and cut in strips. Bake in a slow oven till firm and a light brown.

MERINGUES

(Meringues).

4 whites of eggs
 A few drops lemon juice

6 ozs. castor sugar
 $\frac{1}{2}$ teaspoonful vanilla

Whip up the whites very stiffly, add the sugar and whip thoroughly, also the essence and lemon juice; put into a forcing bag and squeeze into egg or steeple shape, according to taste; set in a cool oven 2 hours to dry; remove from the tin carefully and scoop out the centres, fill with whipped cream nicely flavoured, or with jam; brush with white of egg and stick 2 together and serve; if liked the meringue mixture may be coloured by adding a few drops of cochineal.

SHORTBREAD

(Shortbread à l'Écossaise).

1 lb. flour

$\frac{1}{2}$ lb. butter
 4 oz. castor sugar

Beat the butter and sugar to a cream, stir in the flour as lightly as possible until the mixture has the appearance of fine bread crumbs; press into a flat round tin to about half an inch in thickness, cut in scone shapes, pinch the edges and bake in a slow oven 10 to 15 minutes.

GENEVA WAFERS

*(Oublies Genèveises).*2 eggs
3 ozs. flour3 ozs. butter
3 ozs. castor sugar

Beat the butter and sugar to a cream, add the flour and the eggs well whipped; beat thoroughly. Put a teaspoonful of the mixture on a buttered baking sheet, leaving a good space between each, bake in a slow oven and when nearly done, lift out and roll on greased cornet moulds; put back in the oven to crisp. Fill with whipped cream, jam or custard.



PUDDINGS.

HOWEVER much foreigners may reproach us on the score of cooking in general, this country undoubtedly stands pre-eminent as regards puddings, these delicious dishes being practically unknown in the ordinary Continental household. As a rare luxury a pudding is sometimes to be found, usually taking the form of the English plum pudding.

BOILED PUDDINGS occupy the premier position. To ensure perfection in their preparation, a few general rules should be carefully observed. Suet should always be very finely minced; if Hugon's refined beef suet is used, only half the quantity is needed. When flour is used, half may, as a general rule, be substituted by bread crumbs, with the advantage of making a lighter pudding. Plenty of butter should be used for greasing the moulds; it is false economy to spare the butter and break the pudding in turning out. Usually steaming is preferable to boiling, in which case the pudding should be covered with a piece of buttered paper instead of using a pudding cloth; a little practice will soon enable one to fold the paper firmly round the edge of the mould or basin. Steaming may be carried out either by means of a steamer (*see* Advt.) or by standing the mould in a pan of boiling water, allowing the water to come within an inch or so of the top and keeping the pan well covered. Turning out is facilitated by allowing the pudding to stand 2 or 3 minutes to shrink from the sides of the mould; a very gentle shake is then all that is needed—not the vigorous one so often employed, and which is frequently the cause of a broken pudding. In steaming custards and custard puddings, a piece of greased paper should be laid at the bottom of the pan under the mould, and the water should only be kept at simmering point.

The kind of sauce and its flavouring are very much matters of taste. Generally speaking, pudding sauce should be served in a tureen.

Recipes for baked puddings are given under this heading. Those which contain egg or custard require slow cooking. To make the ordinary Milk Pudding do not use too much of the rice, sago or tapioca, add sugar to taste, a little salt and nutmeg, and some small pieces of butter to float on the milk. The pudding should be of a creamy consistency when finished; this object is attained by long slow cooking, and the **Gas Oven** can be regulated to answer this purpose admirably.



PUDDINGS.

No. 533.

APPLE CHARLOTTE

(Charlotte aux Pommes).

2 lbs. apples
About 2 ozs. sugar
2 tablespoonfuls water

Stale white bread
Butter
2 cloves.

Peel, core and mince the apples, put in a saucepan with sugar, cloves and water and simmer until quite tender; butter a Charlotte mould, which must not be too large or too deep; cut a sufficient number of thin slices of close-grained stale bread, about the width of two fingers and as long as the height of the mould; dip these one at a time in melted butter and line the sides of the mould, allowing their edges to overlap well and so form a serviceable wall; cover the bottom of the mould with slices of bread, which may be cut in any fancy shape and dipped in butter before putting in the mould. Rub the apples through a wire sieve and then put in the prepared mould, place on top a round slice of bread buttered on the outside and bake in a moderate oven for 40 minutes; the bread by this time should be thoroughly baked and be of a nice brown colour. Turn out just before sending to table and sprinkle it with sugar.

No. 534.

BAKED APPLE DUMPLINGS

(Pommés de Pommes, au four).

½ lb. short pastry (No. 653) | 3 or 4 apples (medium size)

Roll out the pastry and stamp into eight rounds; peel and core the apples, place on the rounds of pastry, and fill the centres with sugar; wet the edges and put a round of pastry over the top and seal firmly together; brush over with water, dust with coarse sugar and bake about 20 minutes.

APPLE MERINGUE

(Meringue aux Pommes).

4 large apples		½ lb. castor sugar
2 or 3 cloves		3 whites of egg
		½ pint water

Peel, core and divide the apples, boil the water with half the sugar for a few minutes, put in the apples with the cloves and simmer slowly until tender; lift out carefully into a dish. Whip up the whites to a stiff froth, add gradually the remainder of the sugar, whip briskly, pile on top of the apples; put in a cool oven to dry. The apples may be left whole if preferred.

BAKEWELL PUDDING

(Pouding à la Bakewell).

2 eggs		1 oz. flour
2 ozs. castor sugar		2 ozs. butter
Rind and juice of 1 lemon		2 tablespoonfuls of jam
		½ lb. puff pastry (No. 623).

Line a flattish dish with the puff pastry (No. 623), decorate the edges; put on the bottom the jam; melt the butter with the sugar, add the eggs well beaten, add the flour and mix thoroughly, pour over the jam and bake until set, about 40 minutes; serve cold.

BEDFORDSHIRE PUDDING

(Pouding à la Bedford).

2 eggs		2 ozs. currants
½ oz. candied peel		2 ozs. Valencia raisins
A little nutmeg		½ pint milk
1 tablespoonful sugar		6 ozs. short pastry (No. 653)

Line a flat dish with the pastry and decorate the edges; beat up the eggs, add to them the sugar and nutmeg, then the milk, which should be boiling; mince the peel and raisins rather coarse, add these with the currants to the custard; pour into the prepared dish, bake half an hour, or until set; cover with castor sugar; serve hot or cold.

BAKED BREAD PUDDING

(Pouding de Pain au four).

½ lb. stale bread		2 ozs. currants
3 ozs. sugar		2 ozs. raisins
1 egg		½ pint milk
A little nutmeg		A little grated lemon rind

Soak the bread 1 hour in some cold water, squeeze it, and mix with it the currants, raisins, sugar, lemon rind, and nutmeg, also the egg well beaten with the milk ; pour into a greased pie dish and bake slowly 1 hour, or until set.

No. 539.

CHESTER PUDDING

(Pouding à la Chester).

1 oz. sweet almonds, crushed		3 eggs
$\frac{1}{4}$ lb. castor sugar		2 ozs. butter
6 ozs. short pastry (No. 653)		

Line a small pie dish with the pastry rolled very thinly, decorate the edges according to taste, and brush over the edges with beaten egg ; melt the butter and sugar in a saucepan, add the almonds, then stir in the yolks of the 3 eggs and the white of 1 ;



CHESTER PUDDING.

stir this mixture over a gentle heat until it thickens, taking care that it does not burn ; pour into the prepared dish, bake 30 minutes or until set, whip up the 2 remaining whites of the eggs and 1 tablespoonful of sugar, whip briskly and pile on the top ; put in the oven a few minutes to set the whites. Serve hot or cold.

COCOANUT PUDDING

(*Pouding au Noix de Coco*).

3 ozs. desiccated cocoanut	½ pint milk
1 oz. butter	3 tablespoonfuls sugar
3 eggs	½ teaspoonful vanilla essence
Some short or puff pastry	

Warm the milk with the butter, pour over the cocoanut and 1 tablespoonful of sugar, allow this to stand half an hour, then add the yolks (beaten) and vanilla. Roll out the pastry and line a small pie dish, which must be buttered at the bottom and sides, and the edges wetted to prevent the pastry slipping inside. Ornament the edge with cut leaves, pour in the cocoanut and bake half an hour, or until set. Whip up the whites of the eggs with a pinch of salt until quite stiff, then whip in briskly 2 tablespoonfuls of castor sugar; pile on the pudding and sprinkle with cocoanut; put in a slow oven until set. Serve hot or cold.

DARIOL PUDDING

(*Pouding en Darioles*).

2 ozs. flour	2 eggs
2 ozs. castor sugar	Almond essence
2 ozs. butter	Cherries and angelica

Beat the butter and sugar together; add the flour, eggs and flavouring and beat a few minutes; grease some dariol moulds, garnish with cherries and angelica, 3 parts fill with the mixture; bake in a slow oven 10 to 15 minutes; turn out and serve plain, or with wine or raspberry sauce.

LEMON PUDDING

(*Pouding au Citron*).

2 eggs	Juice and grated rind of 1 lemon
2 ozs. Savoy biscuits, crushed	3 ozs. castor sugar
Rind of 2 small lemons, grated	3 ozs. butter
Short pastry (No. 653)	

Line a small dish with the pastry rolled out thinly and decorate the edges with cut leaves of pastry; beat the butter and sugar to a cream, add the biscuits and crumbs alternately with the eggs beaten; mix lemon rind and juice, then add these quickly to the mixture, beat thoroughly, pour the mixture into the prepared dish; bake 40 minutes, or until the mixture is set; cover with castor sugar and serve hot or cold.

ORANGE PUDDING

(*Pouding aux Oranges*).

Grated rind and juice of 2 oranges	2 ozs. crushed ratafias
$\frac{1}{2}$ pint milk	3 eggs
$\frac{1}{4}$ ozs. castor sugar	1 oz. butter
	A few pistachios
Some puff or short pastry	

Line and ornament a small pie dish with short or puff pastry. Beat the butter and 2 ozs. of the sugar to a cream, add the biscuit crumbs, the yolks (beaten) and milk, lastly stir in the grated rind of the oranges and the juice. Pour quickly into the pie dish and bake half an hour, or until set. Whip up the whites of the eggs to a stiff broth, add the sugar and whip well, pile on top of the pudding in the centre, sprinkle with the pistachio nuts, blanched and minced ; put back into a slow oven and bake until set ; it may be very slightly browned. Serve hot or cold.

ORANGE CUSTARD PUDDING

(*Pouding d'Oranges à la Crème*).

1 pint milk	2 eggs
2 ozs. sugar	Grated rind of 1 orange

Boil the milk, add to it the eggs beaten also the sugar and orange rind. Pour into a greased pie dish. Stand it in another dish containing some water. Bake in a very slow oven until set. When cold cover with castor sugar, put under a gas grill and brown the top. Serve cold.

DARIELS OF PARMESAN

(*Darioles au Parmesan*).

1 oz. butter	1 tablespoonful grated Parmesan cheese
$\frac{1}{2}$ pint milk	Some scraps of short or puff paste
$\frac{1}{2}$ oz. flour	
2 eggs	A little salt, pepper and cayenne.

Butter about 10 small dariole moulds, roll out the pastry as thinly as possible and line the moulds. Melt the butter in a saucepan, stir in the flour, add the milk and boil 3 minutes;



DARIOLES OF PARMESAN.

then add the cheese, salt, pepper and eggs well beaten; 3 parts fill the moulds with the mixture and bake 20 minutes. Turn out carefully and serve hot on a lace paper.

No. 546.

QUEEN PUDDING

(Pouding à la Reine).

$\frac{1}{2}$ pint milk		2 eggs
1 oz. butter		2 tablespoonfuls castor sugar
1 tablespoonful jam		$\frac{1}{2}$ pint white bread crumbs
$\frac{1}{4}$ teaspoonful vanilla or a little grated lemon rind		

Boil the milk with the butter, add 1 tablespoonful sugar to the bread crumbs, pour over the milk, add the yolks beaten and the vanilla; pour into a buttered dish, bake 20 to 30 minutes, or until set; then spread on the top the jam, beat up the whites of the eggs to a stiff froth, add the remainder of the sugar, pile on the top of the pudding, put back in the oven until set. Serve hot or cold.

SAVOY PUDDING

(Pouding à la Savoie).

3 ozs. Savoy biscuits	½ pint milk
2 ozs. butter	3 eggs
2 ozs. candied peel	A few drops of ratafia essence
2 ozs. castor sugar	

Beat the butter and sugar to a cream, separate the yolks from the whites of the eggs, beat up the yolks, add to them the milk and ratafia; add this alternately with the biscuits (crushed), to the butter and sugar, then the peel finely minced; line a small pie dish with thinly-rolled short pastry (No. 653): decorate the edges with cut leaves, according to taste; pour in the mixture and bake in a slow oven until set (about half an hour); add to the whites of the eggs a pinch of salt, whip them to a stiff froth, add 1 tablespoonful castor sugar; whip thoroughly; pile on the top of the pudding; bake a few minutes in a slow oven until slightly brown. Serve hot or cold.

SPONGE-CAKE PUDDING

(Pouding au Gâteau de Savoie).

6 ozs. rough puff or short pastry	½ pint milk
2 ozs. sponge-cakes	1 tablespoonful jam
1 egg	1 oz. castor sugar
A little flavouring essence. Sherry.	

Line a pie dish with the pastry and decorate the edges; soak the cake in sherry or milk, put a layer of cake in the dish, then a little jam; continue the layers until all the cake and jam is used; beat up the egg, add sugar, flavouring and milk boiling; pour into dish; bake in a slow oven about 20 to 30 minutes.

THREE AND THREE PUDDING

(Pouding trois tiers).

3 large apples	3 eggs
3 ozs. butter	3 ozs. castor sugar
1 lemon, the juice and grated rind	6 ozs. rough puff pastry (No 624)

Line a small pie dish with the pastry ; decorate the edges with cut leaves, &c. ; peel, core and cut the apples in half-quarters, put in an enamelled stew pan with 1 tablespoonful of water and simmer gently until soft ; add the sugar, butter, lemon and yolk of eggs, stir until thoroughly mixed, but do not boil ; rub through a wire sieve, put the pulp into the prepared dish, bake 30 to 40 minutes, or until the mixture is set. When done, whip up the whites of the eggs, add to them 1 tablespoonful castor sugar ; pile on the top of the pudding in the centre, decorate with candied fruits ; bake until whites are set, in a slow oven. Serve hot or cold.

No. 550.

DARIONS OF VANILLA

(Darioles à la Vanille).

Prepare as darioles of parmesan (No. 545), substituting Vanilla and 1 oz. sugar for the cheese and seasonings.

WELSH PUDDING

No. 551.

(Pouding Gwallois).

1 egg	A dust of baking powder
The weight of the egg in butter,	A little grated lemon rind
castor sugar and flour	1 good tablespoonful jam
Short pastry (No. 653)	

Line a shallow dish or tin with the pastry, spread on the bottom the jam, beat the butter with the sugar to a cream, add to it the egg, lemon rind, flour and baking powder ; pour this over the jam, bake half an hour, or until the mixture is set ; dust with sugar and serve hot or cold.

YORKSHIRE PUDDING

No. 552.

(Pouding d'York).

1 pint milk	1 saltspoonful salt
2 eggs	A pinch of baking powder
6 ozs. flour	

Put the flour into a basin with the salt, stir in the milk gradually, beat up the eggs and add to the batter when quite smooth ; allow this to stand 2 hours ; add the baking powder and pour into a dripping tin with some melted dripping ; bake half an hour. When baked in a gas oven it is sometimes partly baked in the top part of the oven, then finished by placing it in the lower part of the oven underneath the joint.

BACHELOR'S PUDDING

(*Pouding Bachelier*).

4 ozs. flour	4 ozs. breadcrumbs
2 ozs. butter	$\frac{1}{2}$ teaspoonful baking powder
4 ozs. raisins	$\frac{1}{2}$ teaspoonful ground ginger
4 ozs. suet	2 eggs
4 ozs. Demerara sugar	A little milk

Rub the butter into the flour, mince the suet, stone and divide the raisins, mix all together, add sugar, breadcrumbs, baking powder, ginger, eggs (beaten) and milk; mix thoroughly. Butter well a mould, entirely cover the inside with brown sugar, pour in the mixture, cover with buttered paper and steam 2 hours.

NOTE.—To make this pudding less rich leave out the butter.

BOILED BREAD PUDDING

(*Pouding au Pain, bouilli*).

$\frac{1}{2}$ lb. stale bread	3 tablespoonfuls flour
2 ozs. currants	1 oz. Valencia raisins
$\frac{1}{4}$ lb. brown sugar	3 ozs. suet, minced
A little nutmeg	1 teaspoonful baking powder
$\frac{1}{2}$ pint milk	1 egg

Pinch of salt.

Soak the bread in cold water one hour, squeeze it well, add the flour, currants, sugar, nutmeg, baking powder, suet, raisins stoned and cut in half, milk and egg, mix thoroughly, put in a well greased basin or mould, cover with buttered paper and steam 1 hour. Turn out and serve with white pudding sauce (No. 99).

BROWN PUDDING

(*Pouding brun*).

3 oz. breadcrumbs	$\frac{1}{4}$ teaspoonful carbonate of soda
3 ozs. flour	3 ozs. suet
2 eggs	3 ozs. brown sugar
2 ozs. sultanas	$\frac{1}{4}$ teaspoonful cinnamon
1 oz. crushed almonds	2 ozs. currants

A little salt

Wash, pick and dry thoroughly the sultanas and currants, shred and mince the suet finely, mix all the dry ingredients together with the 2 eggs beaten, last of all add the soda dissolved in 2 teaspoonfuls of water, pour into a well-buttered mould lined with brown sugar, cover with buttered paper, and steam 2 hours; turn out and serve with white pudding sauce (No. 99), flavoured with almond essence. If this pudding is required richer rub 2 ozs. butter into the flour before adding the other ingredients.

CABINET PUDDING

(*Pouding de Cabinet*).

$\frac{1}{2}$ lb. Savoy biscuits
1 pint milk
A little ratifia essence

3 eggs

1 oz. castor sugar
Some candied cherries, angelica,
or pistachio nuts

Split the Savoy biscuits and trim the edges neatly; butter a plain mould and decorate the top with the cherries, angelica, or pistachio nuts; arrange the biscuits round the side of the mould; beat the eggs, add to them the sugar, essence, and the milk: pour this over the trimmings and remainder of the biscuits, crushed; pour this into the prepared mould, allowing it to come within half an inch of the top of the mould; cover with buttered paper; allow it to stand 20 minutes, then steam slowly $1\frac{1}{4}$ hours; serve with German egg sauce (No. 70).

CARAMEL PUDDING

(*Pouding au Caramel*).

2 ozs. bread crumbs
3 ozs. lump sugar
2 eggs

1 teaspoonful vanilla

2 ozs. Savoy biscuit crumbs
1 oz. castor sugar
1 pint milk

Put the lump sugar into an old pan, add 1 tablespoonful of water, heat until it turns a coffee colour, shaking the pan gently to prevent it burning: then add the milk, stand over a small gas jet until the sugar dissolves in the milk, strain over the biscuit and bread crumbs, add castor sugar, vanilla, and yolks of egg: lastly, stir in the whites of egg, whipped to a stiff froth. Butter a mould and dust with sugar, pour in the mixture, allowing it to come within an inch of the top. Cover with buttered paper, and steam very slowly about 1 hour. Serve with arrowroot sauce (No. 58).

CONNAUGHT PUDDING

(*Pouding à la Connaught*).

2 ozs. butter
 $\frac{3}{4}$ pint milk
 $1\frac{1}{2}$ ozs. ratifias, crushed
4 ozs. castor sugar
1 teaspoonful vanilla

A few dried cherries

2 ozs. flour
3 ozs. bread crumbs
Rind of 1 lemon
3 eggs
4 tablespoonfuls cream

Melt the butter in a saucepan, stir in the flour, add milk, boil up and stir until it thickens, stir to this the bread crumbs, ratafias, rind, sugar and vanilla, also the eggs well beaten with the cream. Butter thickly a mould, dust it with sugar and decorate it with candied cherries. Pour in the mixture, allowing it to come within 1 inch of the top, cover with buttered paper and steam for 1½ hours. Serve with German egg sauce (No. 70).

No. 559.

GENERAL'S PUDDING

(Pouding Général).

¼ lb. flour	¼ lb. bread crumbs
¼ lb. suet	4 ozs. Demerara sugar
1 teaspoonful baking powder	2 eggs
A dust of nutmeg	Grated rind and juice of 1 lemon
A little milk	2 ozs. currants
1 oz. crushed almonds	Pinch of salt

Put all the dry ingredients into a basin, the suet finely minced, beat up the eggs and add to mixture, also a little milk if required ; grease a plain or fancy pudding mould, throw into it some coarse brown sugar, shake well, so that the mould is well coated with the sugar, pour in the mixture, cover with buttered paper and steam 2 hours ; serve with white sauce flavoured to taste (No. 99).

No. 560.

GINGER PUDDING

(Pouding au Gingembre).

3 ozs. flour	3 eggs
3 ozs. minced suet	A little milk, if required
3 ozs. bread crumbs	A pinch of salt
3 ozs. Demerara sugar	½ teaspoonful grated ginger
¼ lb. preserved ginger	½ teaspoonful carbonate of soda

Put all the ingredients into a basin, with the preserved ginger cut up into dice, mix with the eggs beaten, pour into a mould thickly buttered and dusted with sugar, filling the mould within an inch of the top, cover with buttered paper, stand in a saucepan of boiling water, allowing the water to come within about an inch of the top ; steam 2 hours. Dish and serve with white sauce, flavoured with ginger syrup and a little ginger cut up in dice.

BOILED LEMON PUDDING

(*Pouding au Citron, bouilli*).

1/4 lb. finely-minced suet	Pinch of salt
2 tablespoonfuls sugar	1/4 lb. flour
2 eggs	1/4 lb. bread crumbs
Rind of 3 lemons	

Put the suet, bread crumbs, flour, sugar, salt and the rind of the lemons into a basin and mix together with the eggs beaten. To prepare the lemons, cut off the yellow rind as thinly as possible and mince finely. Pour the mixture into a buttered mould and cover with buttered paper; stand it in a saucepan of boiling water and steam for 2 hours. Turn out and serve with a lemon sauce (No. 77).

No. 562.

MARMALADE PUDDING

(*Pouding de Marmelade*).

1/4 lb. breadcrumbs	1 large egg
1/4 lb. suet, finely mixed	5 ozs. marmalade
2 ozs. butter	1/3 teaspoonful carbonate of soda
1/4 lb. flour	A little milk
Pinch of salt	1/4 lb. Demerara sugar

Rub the butter into the flour, add sugar, bread crumbs, suet, egg beaten, marmalade and soda dissolved in the milk; mix thoroughly, pour into a well-buttered mould dusted with brown sugar, cover with buttered paper and steam 2 hours; turn out and serve with marmalade sauce (No. 81), or white sauce (No. 99).

NOTE.—To make the pudding less rich, leave out the butter.

No. 563.

PENMAENMAWR PUDDING

(*Pouding à la Penmaenmawr*).

5 ozs. stale bread	3 ozs. castor sugar
3 ozs. candied cherries	1 oz. minced pistachios
3 eggs	1 oz. minced almonds
1/2 pint milk	1 glass sherry
Grated rind of 1 lemon	

Cut the bread up into dice about one-third of an inch square, pour over the sherry and allow it to soak for an hour covered; then add the cherries cut in half, grated lemon rind, almonds, sugar, and half the pistachios. Beat up the eggs, add to them the milk boiling, pour over bread, &c. Butter a fancy mould thickly, throw

into it the remainder of the minced pistachios. shake them well round the mould, pour in the mixture, which should come within an inch of the top, cover with buttered paper, and steam $1\frac{1}{2}$ hours; turn out and serve with German egg sauce (No. 70), which may be coloured a rich red with cochineal.

No. 564.

PLUM PUDDING

(Plum-pudding à l'Anglaise).

$\frac{1}{4}$ lb. flour	A little brandy, old ale, or milk
6 ozs. currants	$\frac{1}{2}$ lb. bread crumbs
$\frac{1}{2}$ lb. suet, finely minced	$\frac{3}{4}$ lb. Valencia raisins
$\frac{1}{2}$ lb. brown sugar	6 oz. sultana raisins
$\frac{1}{2}$ teaspoonful allspice	$\frac{1}{4}$ grated nutmeg
$\frac{1}{2}$ teaspoonful baking powder	Grated rind of 1 lemon
1 oz. powdered almonds	4 eggs
A little salt	3 ozs. mixed peel

Wash and pick the currants, stone the raisins, mince the peel; put all the ingredients into a bowl, mix thoroughly with the eggs well beaten, and enough brandy, old ale, or milk to moisten the whole; pour into two well-buttered moulds, cover with buttered paper, steam 8 or 9 hours. Serve with brandy sauce (No. 61) or hard sauce (No. 74). If the puddings are to be boiled, cover the moulds or basins with a cloth, or the mixture may be put in a pudding cloth, tied up, and boiled.

No. 565.

TAPIOCA CUSTARD PUDDING

(Pouding de Tapioca à la Crème).

2 ozs. tapioca	2 ozs. castor sugar
3 eggs	A little grated lemon rind
1 oz. butter	A dust of salt

1 pint milk

Put the tapioca into a saucepan, with the salt and milk; simmer slowly 20 minutes to half an hour; add the sugar, lemon rind, yolks of eggs and 1 white, also the butter; pour into a buttered dish and bake in a slow oven about half an hour, or until set. Whip up the whites of eggs and sweeten with 1 tablespoonful of sugar; spread on the top of pudding, make it rough with a fork, dust with sugar, and put back into the oven 15 minutes. Serve with cream.

TREACLE PUDDING

(Pouding de Mélasse).

6 ozs. flour	6 ozs. bread crumbs
$\frac{1}{2}$ lb. suet minced	$\frac{1}{2}$ teaspoonful baking powder
6 ozs. treacle	1 egg
$\frac{3}{4}$ teaspoonful ground ginger	A little salt

Mix all the dry ingredients together, add the treacle and the egg beaten; mix thoroughly; pour into a well-buttered mould and steam 2 to 2 $\frac{1}{2}$ hours.

VANILLA PUDDING

(Pouding à la Vanille).

2 ozs. ratafias	$\frac{1}{2}$ glass sherry
$\frac{1}{2}$ pint cream	Yolks of 4 eggs
1 teaspoonful vanilla	Whites of 2 eggs
1 tablespoonful sugar	Some candied cherries and
A little apricot jam	angelica

Butter a plain mould and decorate it with the cherries and angelica. sprinkle the ratafias with the sherry and spread them with a little apricot jam; cover the mould with these. Beat up the eggs, add the cream, sugar and vanilla; pour into the mould, cover with buttered paper and stand in a pan of boiling water, allowing the water to come within an inch of the top of the mould. Simmer slowly 1 hour, or until set, but be sure it does not boil quickly, or it will become watery. Before turning out, allow to stand a few minutes to shrink from the sides of the mould.

VENNOISE PUDDING

(Pouding Venuoise).

5 ozs. stale bread	1 $\frac{1}{2}$ ozs. of mixed peel
3 ozs. sultanas	1 oz. lump sugar
3 ozs. castor sugar	$\frac{1}{2}$ pint milk
3 eggs	1 glass of sherry
1 oz. almonds crushed	Rind of 1 lemon

Cut the bread into small squares about $\frac{1}{3}$ of an inch, pour over the sherry and allow it to soak for an hour, covered; then add sultanas, castor sugar, lemon rind, almonds and peel, finely minced; put the lump sugar in an iron saucepan with 1 table-spoonful of water; set it over a gas burner until it takes a dark coffee colour; then add the milk, allow it to boil slowly until the sugar is dissolved; beat up the eggs and add to them the milk; strain this custard over the bread, &c.; pour into a well-buttered mould lined with castor sugar; cover with buttered paper; steam 2 hours; serve with German egg sauce (No. 70).



JELLIES, CREAMS, &c.

IT is in the preparation and serving of these dishes that the artistic cook has one of the widest fields for the display of her powers. A jelly is generally named according to its predominating flavour; creams are often given fanciful titles.

Gelatine is the most usual basis of jelly; but other substances, such as calf's feet, arrowroot, moss, &c., are sometimes employed. Several varieties and qualities of gelatine are met with, from isinglass downwards, but the most useful of all is the kind known as "French leaf gelatine." Though frequently sold under various proprietary names, it can always be obtained at any good Italian warehouse, but in buying care should be taken to see that it is sufficiently fine and colourless. A great advantage of leaf gelatine is that no preliminary soaking is required. The delicacy of a jelly depends largely upon the use of just enough gelatine to enable it to stand without breaking; it should not be made so stiff as to merit the term "football jelly."

Copper or enamelled pans should be used for making jellies and the most scrupulous attention to cleanliness is essential. A jelly-bag may be used for clearing, but the arrangement of sieve and cloth acts equally well and is more simple (*see* plate). Full directions are given in the recipes.

No special preparation is necessary for moulds beyond making sure that they are quite clean. Copper moulds are of course the best, but tin answers very well. To turn out a jelly, immerse the mould for a few seconds in water just as hot as the hand can comfortably bear, withdraw, apply a towel to the surface to absorb

the water and turn out quickly. It is not advisable to use earthen ware moulds, as, being of uneven thickness, the heat does not penetrate the thicker parts and the jelly is therefore liable to be broken.

In making Cream good thick cream is necessary, and since the introduction of the separator there is no difficulty in procuring it. In whipping cream care should be taken not to beat it after it has thickened or it will churn : in hot weather it is a good plan to stand the bowl on ice. In adding custard or dissolved gelatine to cream, it should be cooled and stirred in very lightly. Leaf gelatine



BOWL, SIEVE AND CLOTH, ARRANGED FOR CLEARING
SOUPS AND JELLIES.

can be readily dissolved in custard if it is first dipped in cold water. A very light cream is obtained by putting ordinary skimmed cream into a bowl and whipping briskly from side to side with a whisk, skimming off the froth as it rises and laying on a hair sieve to drain. Trifle cream is prepared in this way, and to make it very frothy water or milk is added before whipping.

Cornflour Blancmanges should be thoroughly cooked. Any kind of mould will do, the only preparation needed being to wet it with cold water.

JELLIES, CREAMS, &c.

No. 569.

APRICOT CHARLOTTE

(Charlotte aux Abricots).

$\frac{1}{2}$ tin apricots	$\frac{1}{4}$ pint cream
$\frac{1}{2}$ oz. gelatine	$\frac{3}{4}$ ozs. sugar
$\frac{3}{4}$ oz. Savoy biscuits	$\frac{1}{4}$ pint jelly

Cut up some of the apricots and arrange at the bottom of the mould, pour over a little jelly. When set, butter the sides of the mould and line with the biscuits, split in half. Take the apricots and boil in a little of the syrup; rub through a sieve; there should be half-pint when finished. Melt the gelatine in quarter-pint of water, dissolve in it the sugar and strain to apricot mixture; when nearly cold add the cream whipped; pour into prepared mould and, when set, turn out.

No. 570.

APRICOT EGGS

(Oeufs d'Abricots à la Crème).

$\frac{1}{2}$ tin apricots	A sponge cake (No. 508)
$\frac{1}{4}$ pint cream	Sugar, flavouring

Cut the sponge cake into slices, lay in a glass dish, sprinkle with sherry or the juice from the apricots. Whip up the cream until stiff, add sugar and flavouring; put into a forcing bag with a plain tube, force a ring of this on each piece of cake, drop half an apricot in the centre of each, and sprinkle a very little nutmeg on top to represent pepper. The dish resembles a dish of poached eggs on toast.

*CHOCOLATE SANDWICH BLANCMANGE**(Sandwich de Blancmanger au Chocolat).*

$\frac{1}{4}$ lb. cornflour
 1 quart milk
 1 teaspoonful vanilla

4 ozs. sugar
 $\frac{1}{2}$ oz. Cadbury's cocoa essence
 Pinch of salt

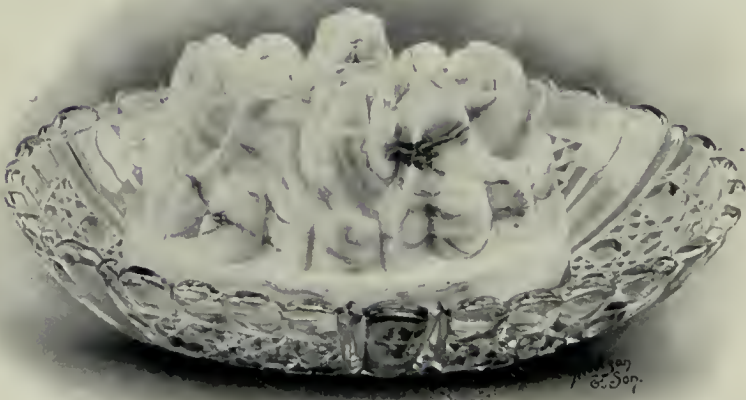
Divide the cornflour and sugar in half, put it in separate basins; to 1 part add the cocoa essence, moisten both with a little cold milk, boil the milk and pour half over each part of cornflour, &c.; pour into separate saucepans, boil 3 minutes, add vanilla to each, wet a mould with cold water, pour in the blancmange in alternate layers; when set turn out.

*MARBLED BLANCMANGE**(Blancmanger Marbré).*

$\frac{1}{4}$ lb. cornflour
 1 teaspoonful vanilla
 Pinch of salt

1 quart milk
 2 teaspoonfuls Cadbury's cocoa
 essence

$\frac{1}{4}$ lb. sugar



CHOCOLATE MARBLED BLANCMANGE.

Mix the cornflour and sugar together, moisten with cold milk, pour over the remainder of milk boiling, put back into pan and boil 3 minutes; meanwhile, put cocoa essence with the same quantity of sugar into a pan with enough milk just to moisten it, warm, pour into the pan containing the white mixture, stir lightly; pour into wetted mould, turn out when cold. A little cochineal may be mixed with a tablespoonful of milk and stirred in lightly to the white blancmange to give a pink decoration.

CHARLOTTE RUSSE

No. 573.

(*Charlotte Russe*).

2 or 3 ozs. Savoy Biscuits
 $\frac{1}{2}$ teaspoonful vanilla
 $\frac{1}{2}$ pint thick cream
 $\frac{1}{2}$ oz. leaf gelatine

2 ozs. sugar
 $\frac{1}{4}$ pint water
 Some jelly and candied fruits
 for decorating



CHARLOTTE RUSSE.

Pour in the bottom of the mould about three-quarters of an inch of jelly, arrange round the edge a row of cherries, put in a cool place to set ; butter the sides of the mould and arrange round the sides the biscuits, which must be first divided and trimmed ; dissolve the gelatine in a quarter pint of water and add the sugar, whip up the cream, strain to it the gelatine, and when nearly cold pour into the prepared mould ; when set dip in warm water and turn out.

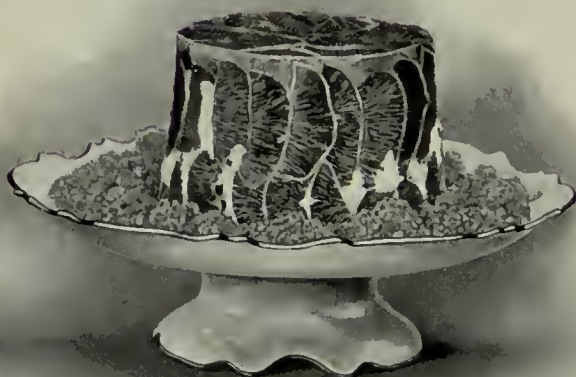
No. 574.

CHARTREUSE OF ORANGES

(Chartreuse d'Oranges).

6 oranges
2 ozs. sugar
 $\frac{3}{4}$ pint cream

$\frac{1}{2}$ oz. leaf gelatine
2 tablespoonfuls water
 $\frac{1}{4}$ pint orange jelly



CHARTREUSE OF ORANGES.

Peel and divide up 4 of the oranges, split each segment lengthwise, dip them in a little of the orange jelly ; arrange some in a star pattern at the bottom of a plain mould, pour over a little jelly and when set arrange the remainder round the side of the mould, dipping each into the jelly first and putting the cut side to the mould. Meanwhile, put the juice and grated rind of 2

oranges into a saucepan with the water, gelatine and sugar, warm to dissolve the gelatine; beat up the cream until nearly stiff, then strain the gelatine &c., to it, stir well and when cold but not set pour into the prepared mould. When firm dip in warm water and turn out quickly on a lace paper in a dish; it may be garnished with chopped jelly (*see* Plate).

APRICOT CREAM

No. 575.

(*Crème d'Abricots*).

½ doz. fresh apricots, or ½ tin
4 ozs. sugar if fresh; if tinned, 2 ozs.
¼ pint of water if fresh; if tinned
fruit, ¼ pint of the syrup

½ pint double cream
¾ oz. gelatine
Juice of 1 lemon

If the fruit is fresh, boil the sugar and water to a syrup; split the apricots, add to syrup and boil until tender, then add the lemon juice and gelatine; when dissolved rub the whole through a fine hair sieve; whip the cream until stiff, then stir in the purée; allow this to stand until cold but not set, stirring occasionally; then pour into a wetted mould. When set turn out; if inclined to stick, dip in warm water. Any fruit cream may be prepared as above, varying the amount of sugar according to the fruit.

BAVARIAN CREAM

No. 576.

(*Crème Bavaroise*).

½ pint ordinary cream
½ pint milk
Yolk of 3 eggs

1 glass sherry
½ oz. gelatine
2 ozs. sugar

Whip up the yolks of the eggs with the sugar, add the milk, pour back into the pan, stand inside another saucepan of boiling water and stir until it coats the spoon. Dip the gelatine in cold water, then put it in the custard, keep warm until it is dissolved. Put the cream into a basin and whip from side to side of the bowl with a whisk. As the froth rises skim it off and put it on a hair sieve to drain. When you have as much froth as you can get, measure half a pint of the custard into the bowl. When it commences to thicken, stir in the cream and sherry quickly; pour into a mould, set aside till firm, dip in warm water and turn out.

CHOCOLATE CREAM

(*Crème au Chocolat*).

$\frac{1}{2}$ pint ordinary cream	Yolks of 2 eggs
$\frac{1}{2}$ oz. Cadbury's cocoa essence	$\frac{1}{2}$ oz. gelatine (French leaf)
2 or 3 ozs. castor sugar	$\frac{1}{2}$ teaspoonful vanilla essence
$\frac{1}{2}$ pint milk	

Mix the cocoa essence with sugar and pour over it the milk boiling; put back into the pan and boil up, then stir quickly to the 2 yolks well beaten. Dip the gelatine in cold water, then put it into the custard, keep this warm until it is dissolved; strain and allow to cool. Put the cream into a bowl and whisk from side to side briskly, as the froth rises skim it off and put it on a hair sieve to drain; continue this until nearly all the cream is whipped to a froth. If there is a little cream left, mix it with the custard and when it is nearly cold stir in very quickly the frothy cream. Have a mould ready, with a little coloured jelly set at the bottom. Pour in the cream and leave until quite firm. Dip in warm water, turn out quickly.

COFFEE CREAM

(*Crème au Café*).

$\frac{1}{2}$ pint milk	$\frac{1}{2}$ pint double cream
1 oz. castor sugar	Yolks of 3 eggs
1 oz. freshly roasted coffee berries	$\frac{1}{4}$ pint water
$\frac{1}{2}$ oz. leaf gelatine	

Put the coffee berries into a saucepan with the milk and simmer slowly half an hour; beat the yolks with the sugar, strain to them the milk from the berries, pour back into a custard pan or jug, place this in a pan of boiling water and stir until it coats the spoon; dip the gelatine in cold water, then allow it to dissolve in the custard; strain; whip up the cream until stiff and stir to it the custard, when nearly cold pour into a well wetted mould and set in a cool place until firm. Dip the mould into warm water and turn out.

JUNKET AND CLOTTED CREAM

(*Lait caillé à la Crème*).

3 quarts milk	1 tablespoonful sugar
1 tablespoonful essence of rennet	2 tablespoonfuls brandy

Put 2 quarts of the milk aside for about 24 hours to cream in a shallow pan; warm the remaining quart to the temperature of

new milk, put into a dish with the sugar and brandy, add the rennet and in a few minutes it will set. Then set the pan containing the cream over a gas burner, and very slowly heat; just when the skin forms and before it boils, remove it. Skim off the cream and serve with the junket.

FRUIT CREAM

No. 580.

(*Crème aux Fruits*).

$\frac{1}{2}$ pint double cream
Rind and juice of 2 lemons
 $\frac{1}{4}$ pint water

$\frac{1}{2}$ oz. leaf gelatine
2 ozs. castor sugar
 $\frac{1}{4}$ lb. mixed candied fruits

Dissolve the gelatine by warming it in the water; put the sugar into a pan with the juice of the lemons and the rind grated, dissolve the sugar by gently heating, and add this to the gelatine; whip up the cream until stiff, add to it the gelatine, &c., stir occasionally until almost set, then stir in the fruits, which may be cut up; pour into a wetted mould until set. Dip in warm water and turn out.

ITALIAN CREAM

No. 581.

(*Crème à l'Italienne*).

$\frac{1}{2}$ pint thick cream

2 ozs. castor sugar
2 tablespoonfuls sherry

Whip the cream quite stiff, add sugar and sherry, stir together with the whisk, pour into a perforated mould lined with wetted muslin; allow to drain in a cool place for 12 hours, turn out and serve at once.

NOTE.—This cream requires great care in making, but is very delicious.

PISTACHIO CREAM

No. 582.

(*Crème aux Pistaches*).

2 ozs. pistachio kernels
 $\frac{3}{4}$ pint cream
 $\frac{1}{2}$ oz. gelatine

2 ozs. castor sugar
Juice of 1 lemon
1 tablespoonful water

Drop the kernels into boiling water for a few minutes, containing a dust of carbonate of soda; remove the skins and mince very finely; dissolve the gelatine and sugar in the lemon juice and water, whip up the cream until stiff, strain in the gelatine and lemon juice, add also $1\frac{1}{2}$ ounces of the pistachio kernels, allow this to stand

until nearly set, stirring occasionally; pour into a wetted china mould, when quite firm turn out and dust all over with the remainder of the pistachio kernels.

No. 583.

SHERRY CREAM

(Crème au Vin de Xérès).

$\frac{1}{2}$ pint double cream		3 ozs. castor sugar
$\frac{1}{4}$ pint sherry		$\frac{1}{2}$ oz. gelatine
Juice and grated rind 1 lemon		$\frac{1}{4}$ pint water

Put into a saucepan the rind, juice and sugar, and dissolve with a gentle heat; then add to the gelatine, dissolved in the water; whip the cream until stiff, strain to it the sherry, &c.; when nearly cold put into a wetted mould and set in a cool place until firm. If necessary, dip in warm water and turn out.

No. 584.

STRAWBERRY OR RASPBERRY CREAM

(Crème aux Fraises ou aux Framboises).

1 pint strawberries or raspberries		$\frac{1}{4}$ pint water
3 ozs. castor sugar		If fruit is not in season $\frac{1}{2}$ lb. of
$\frac{1}{2}$ pint double cream		jam may be used
$\frac{1}{2}$ oz. leaf gelatine		

Put the fruit into a basin and cover with the sugar, allow this to stand 1 hour; warm the gelatine in the water until dissolved; rub the fruit through a fine hair sieve, add to it the gelatine; whip the cream until quite stiff, add the fruit, juice, &c., to the cream, stir together, pour into a wetted mould and set in a cool place until firm; dip the mould into warm water just for a second and turn out; the top of the mould may be decorated with a little jelly and fruit if liked, but this must be allowed to set before pouring in the cream, which should be cool. If jam is used, 2 ozs. sugar will be sufficient.

SWISS CREAM

No. 585.

(Crème Suisse).

$\frac{1}{2}$ pint milk		$\frac{1}{2}$ pint double cream
2 ozs. sugar		3 yolks of eggs
$\frac{1}{2}$ oz. leaf gelatine		3 ozs. preserved ginger
$\frac{1}{4}$ pint water		2 tablespoonfuls of ginger syrup
1 teaspoonful lemon juice		

Beat up the yolks, add to them the sugar, the milk boiling, pour this back into a custard pan or jug, stand the jug in boiling

water and stir the custard until it coats the spoon, add to it the gelatine first dipped in water, then the juice and ginger syrup; whip the cream until stiff, then add to it the custard when nearly cold; allow this to stand until it is almost set; then stir in the ginger, cut in pieces (size according to taste); pour into a well-wetted mould. Dip the mould in warm water before turning out.

No. 586.

TAPIOCA CREAM

(Crème de Tapioca).

2 ozs. tapioca
¾ pint milk
Rind 1 lemon

2 tablespoonfuls sugar
Yolks 2 eggs
¼ pint cream

Soak the tapioca in cold milk for 2 hours, then boil it for about 5 minutes in the milk with the rind of the lemon; add the sugar, beat up the yolks of the eggs and pour over the tapioca, stir occasionally until cold. Put some jam at the bottom of a glass dish, pour over the tapioca, whip up the cream until stiff, flavour with lemon and sugar and spread roughly on the top.

No. 587.

SURPRISE EGGS À LA CREME

(Oeufs en Surprise à la Crème).

½ doz. eggs

Bavarian cream (No. 576)

Cut off one end of each egg carefully, pour out the contents and wash the shells, stand on ice; have the Bavarian cream just commencing to thicken, fill the cases and allow to set; when firm, dish on a serviette as boiled eggs.

APPLE JELLY

No. 588.

(Gelée aux Pommes.)

1 lb. apples
½ pint water
1 teaspoonful lemon juice

2 ozs. sugar
Cochineal
Rind half a lemon grated

½ oz. gelatine

Peel and core the apples, put them in a pan with the sugar and half the water, stew until soft, rub through a wire sieve; dissolve the gelatine in the other quarter pint of water, strain to the apples, add the cochineal; pour into a mould decorated with angelica; when set dip in warm water, turn out and serve with whipped cream.

ASPIC JELLY

No. 589.

(*Gelée d'Aspic*).

1 quart good stock

4 cloves

Whites and shells 3 eggs

Rind and juice $\frac{1}{2}$ lemon

1 dessertspoonful salt

1 onion, sliced

1 teaspoonful peppercorns

2 ozs. leaf gelatine

Beat the whites and shells of the eggs together in a few tablespoonfuls of the stock, peel off the lemon rind as thinly as possible, put these with the rest of the ingredients into a saucepan, whisk gently until it boils, take out the whisk and allow it to boil well up to the top of the saucepan; draw on one side and allow it to stand, covered, 10 minutes; place a linen cloth over a hair sieve, pour through a little boiling water, then the jelly; if not clear pour through several times. All the fat should be carefully removed before the stock is used.

CALF'S FOOT JELLY

No. 590.

(*Gelée de Pieds de Veau*).

1 quart calf's foot stock (No. 591)

Rind and juice 3 lemons

6 ozs. sugar

Whites and shells 3 eggs

A little isinglass if required

2 inches cinnamon stick

2 cloves

$\frac{1}{4}$ pint sherry or brandy

Put the stock, lemons, cinnamon, cloves, and sugar into a saucepan, beat the shells and eggs in 2 tablespoonfuls of water, add to the other ingredients, stir occasionally until the jelly boils; let it boil well up until it reaches the top of the saucepan, draw on one side and let it stand 10 minutes, pour through the jelly bag or a linen cloth 1 quart of boiling water, then the jelly. The first little drop of jelly may require pouring back through the bag; add the sherry or brandy to the jelly after it is strained, pour into small moulds, set in a cool place until quite firm, dip in warm water, and turn out as required.

CALF'S FOOT STOCK FOR JELLY

No. 591.

(*Bouillon de Pieds de Veau pour Gelée*).

2 calf's feet

1 pint water to each pound

Divide and wash the feet well and remove all the fat, put into a pan with the water cold, bring slowly to the boil and skim thoroughly; simmer very slowly 6 hours, strain through a wire sieve, allow to stand 12 hours; remove the fat, and it is ready for the jelly. It should be stiff enough to stand; if not, a little isinglass must be used.

CIDER JELLY

(Gelée au Cidre).

1 pint water
1 sliced apple
1 inch cinnamon

1½ ozs. leaf

Whites and shells 2 eggs

1 pint cider

4 ozs. sugar

gelatine

Put all the ingredients, except the cider, into a saucepan; beat up the eggs slightly with a little water, set the pan over a gentle heat, and stir until boiling. Allow the thick white scum to rise to the top of the pan, cover and allow to stand 10 minutes; pass 1 quart of boiling water through the jelly bag or towel, then the jelly; add the cider, pour into a mould and when set, garnish with purée of apples and whipped cream, sweetened and flavoured to taste; or the jelly may be put into a border mould with the purée in the centre and covered with cream.



JELLY A LA DUCHESSE

JELLY À LA DUCHESSE

(*Gelée à la Duchesse*).

1 quart lemon jelly (No. 594)	1 oz. candied fruits
Cochineal	

Put into a mould 1 inch of the jelly, ornament with candied fruits and allow to set; then take 3 or 4 tablespoonfuls of jelly and whip to a white froth, pour into the mould, and when set pour on the top about 1 inch of the jelly, coloured a pretty red with cochineal; allow this to set and fill the mould with the natural jelly. When quite firm dip in warm water and turn out very quickly, or the colours will run and spoil the jelly.

LEMON JELLY

(*Gelée aux Citrons*).

Rind 4 lemons	½ lb. sugar
Juice 3 lemons	1 quart water
3 cloves	2 inches cinnamon stick
Whites and shells 3 eggs	1½ ozs. leaf gelatine

Cut off the rind as thinly as possible, put this into a saucepan with the water, sugar, lemon juice, cloves, cinnamon, and gelatine, beat the whites of the eggs with a quarter of a pint of the water and add to the other ingredients, whisk gently until it boils, allow it to boil up to the top of the pan, draw on one side and allow to stand covered 10 minutes; pour through a linen cloth placed over a sieve a quart of boiling water, then the jelly; pour into the mould. A pretty way of decorating this is to sprinkle into the jelly while it is setting a few minced pistachio nuts; when firm dip in warm water and turn out quickly.

LEMON MOULD

(*Moule aux Citrons*).

½ oz. leaf gelatine	½ pint cold water
Rind 3 lemons, grated	3 eggs
Juice 3 lemons	½ lb. lump sugar

Put into a saucepan the lemon rind and juice, gelatine and water; allow this to stand over a gentle heat until all is dissolved; let it cool slightly, then add to the eggs beaten; pass through a fine hair sieve or muslin; pour into a mould and when firm dip in warm water and turn out.

*MARASCHINO JELLY**(Gelée au Marasquin).*

1 pint water		½ pint maraschino
3 ozs. lump sugar		Juice 3 lemons
1 oz. gelatine		Whites and shells 3 eggs
A little silver leaf for garnishing		

Put all the ingredients except the maraschino and silver leaf into a saucepan, first crushing the shells of the eggs and beating them with the whites and a little of the water; put the pan over a gentle heat and stir until it comes to the boil, let it boil up to the top of the saucepan, cover the pan, draw on one side and allow to stand 10 minutes; pass through the jelly bag or linen towel plenty of hot water to ensure it being perfectly clean and then pour through the jelly 2 or 3 times until quite clear, lastly add the maraschino. Put an inch of jelly into the mould break up a very little silver leaf and sprinkle into the jelly; when set pour in another inch of jelly (cold but not set), allow this to set, then take about 3 tablespoonfuls of the jelly and whip to a white froth; pour into the mould; when set fill the mould with clear jelly. When quite set dip in warm water and turn out quickly. If a tall mould, 2 layers of whipped jelly may be used.

*MARBLED JELLY**(Gelée marbrée).*

1 quart orange or lemon jelly (Nos. 594—598)		A little cochineal 2 tablespoonfuls milk
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Divide the jelly into 3 equal parts; colour 1 part with cochineal, another part leave natural, allow these 2 parts to set, when firm divide into about 1 inch squares. To the third of jelly add the milk, keep it cold, but just liquid. Put a few squares of each colour into a mould, cover with the liquid jelly and allow to set; now put in more of the squares and liquid jelly, continue until the mould is full. Allow to set, then dip into warm water and turn out.

ORANGE JELLY (*with Cream*)

(*Gelée aux Oranges à la Crème*).

Rind 4 oranges
Juice 3 oranges
Rind and juice 1 lemon
1½ ozs. leaf gelatine
6 ozs. sugar

2 inches cinnamon stick
Whites and shells 3 eggs
Enough water to make 1 quart
with the juice of oranges
and lemon



ORANGE JELLY.

Cut off the rind from the oranges and lemon as thinly as possible; beat up the whites and shells of the eggs with a quarter of a pint of the cold water; put this with all the above ingredients into a saucepan, whip gently until it boils; allow to boil well up to the top of the saucepan; draw on one side and allow it to stand covered 10 minutes; pour through the jelly bag or linen towel a quart of boiling water, then the jelly; pour into some pointed dariole moulds and when firm dip in warm water and turn out quickly. Fill the centres with whipped cream sweetened and flavoured and sprinkle with minced pistachios.

PERRY JELLY

(*Gelée au Poiré*).

½ pint water
1 pint perry
3 ozs. sugar

The juice and rind 1 lemon
White and shell 1 egg
1 oz. leaf gelatine

Beat up the egg with a little water and put with all the ingredients except the perry into a saucepan, stir over a gentle heat until it boils, allow the scum to rise to the top, cover the pan

and let it stand 10 minutes; pour a quart of hot water through the jelly bag or linen towel, then the jelly, add the perry; put 1 inch into a mould and when nearly set put in half a stewed pear. Then fill the mould; more pears may be added if liked. When cold turn out and garnish with stewed pears.

POMEGRANATE JELLY

No. 600.

(Gelée aux Grenades).

1¼ pints pomegranate juice	4 ozs. sugar
½ pint water	Whites and shells 3 eggs
Juice 2 lemons	1½ ozs. gelatine
Rind 1 lemon	A few drops of cochineal

Put the juice into a pan with all the above ingredients, first slightly beating the eggs with a little of the water; stand over a gentle heat, whisk until it boils, and when the scum rises to the top remove the whisk, cover the pan and allow it to stand 10 minutes. Pass a quart of boiling water through the jelly bag to warm and cleanse it, then the jelly; when clear, pour into a copper mould, set aside until firm, then dip in warm water and turn out quickly. An *iron* pan must not be used.

PUNCH JELLY

No. 601.

(Gelée au Punch).

½ pint Irish whiskey	1 pint water
6 ozs. sugar	Rinds 3 lemons
1 oz. leaf gelatine	Juice 2 lemons
	Whites and shells 2 eggs

Put all the ingredients except the whiskey into a saucepan, cutting off the yellow part of the rind as finely as possible, stir until it boils, cover the pan and allow it to stand 10 minutes; pass through the jelly bag 1 quart of boiling water, then the jelly, lastly the whisky and stir well. Pour 1 inch of the jelly into a mould and when nearly set garnish with some small quarters of peeled and cut lemon; when set pour in another inch of cold jelly and garnish with the lemon, continue this until the mould is full. When firm dip in warm water and turn out quickly.

STRAWBERRY JELLY

No. 602.

(Gelée aux Fraises).

1 pint strawberries	1 pint water
Juice 2 lemons	½ lb. sugar
Rind 1 lemon	A few drops cochineal
1½ ozs. gelatine	Whites and shells 3 eggs

Boil the water and sugar to a syrup, pour over the strawberries and allow to stand half an hour, then rub through a fine hair sieve, put the syrup, which should measure with the lemon juice about 1 quart, into a pan, beat the eggs with a little of the syrup, and add all the ingredients; whisk lightly over a gentle heat until it comes to the boil, remove the whisk, cover the pan and allow to stand 10 minutes; pass a quart of boiling water through the bag or towel, then the jelly. Pour about half an inch of jelly into a mould and decorate with strawberries; when set and the remainder of the jelly cold, fill up the mould. When quite firm dip in warm water and turn out quickly. Almost any fruit jelly may be prepared as above.

WINE JELLY

No. 603.

(*Gelée au Vin*).

Make some lemon jelly (No. 594), but instead of using the full quart of water leave out half a pint, and when the jelly is strained add half pint sherry or Madeira.

MACEDOINE OF FRUIT

No. 604.

(*Macédoine de Fruits à la Gelée*).

1 quart orange or lemon jelly
(No. 594-598)

Candied fruits assorted, or a
bunch of grapes

Pour a little jelly into a mould, allow this to set, put in a bunch of grapes or a layer of candied fruits, a little more cold jelly (but liquid), allow this to set, then more fruits and jelly, until the mould is full. Allow this to set, dip in warm water and turn out.

MACEDOINE OF PRUNES

No. 605.

(*Macédoine de Pruneaux*).

1 lb. prunes
3 ozs. sugar
Juice 1 lemon

1 glass sherry
1 pint water
¾ oz. gelatine
Cochineal

Stone the prunes; stew them in the water until soft; in a little of the juice dissolve the gelatine; strain this back to the prunes, add lemon juice, wine and cochineal; pour into a mould and when set dip in warm water; turn out. Garnish with whipped cream and pistachios.

ST. CLAIRE PUDDING*(Pouding St. Claire).*

½ pint orange or lemon jelly	A little vanilla
1 pint milk or cream	¼ pint water
4 yolks and 2 whites of eggs	1 oz. gelatine
A few drops cochineal	A little gold leaf
2 ozs. Savoy biscuit crumbs	2 ozs. sugar
2 ozs. finely minced almonds	

Beat up the eggs and add the milk when boiling, put back into pan, stand in a pan of boiling water and stir until it coats the spoon; dissolve the gelatine in the water, add this to the custard, also the sugar and vanilla; divide the custard and colour one half with cochineal, pour some of each on to wetted plates to about quarter inch thick and when set stamp out in rounds about the size of a shilling. Line a plain mould with jelly, then arrange alternately the rounds of custard at the bottom and sides of the mould, sprinkling over a little more jelly to keep them in place; then blow in a little gold leaf so that it will show between the rounds of jelly, allow this to get quite set; add to the remainder of the red custard the biscuit crumbs, and pour into the mould; allow this to set. Add the almonds to the yellow custard, and pour this on the top, and when this is set dip the mould in warm water and turn out quickly.

FAVOURITE PUDDING

No. 607.

(Pouding à la Favorite).

3 or 4 sponge cakes	½ glass sherry
1 tablespoonful apricot jam	A few drops ratafia
½ pint milk	2 eggs
1 tablespoonful castor sugar	A little angelica
A few dried cherries	

Divide the sponge cakes, lay at the bottom of a dish, add a few drops of ratafia to the wine, sprinkle over the sponge cakes, spread on the top the jam; beat up the eggs, boil the milk with the sugar, pour over the eggs; put this into a jug or custard pan, set in a pan of boiling water and stir until it thickens; add a few drops of ratafia and when slightly cool pour over the sponge cakes and jam; decorate with angelica cut in pieces and dried cherries. Serve cold.

ITALIAN PUDDING

No. 608.

(Pouding à l'Italienne).

½ lb. Savoy biscuits	½ pint milk
1 tin peaches	A few drops lemon essence
1 egg	2 ozs. sugar
¼ pint thick cream	

Divide the biscuits and arrange alternate layers of biscuits and peaches in a dish until it is full; beat up the egg, add the milk and sugar, put into a custard pan, set in a pan of boiling water, stir until it thickens, pour over the biscuits, &c.; allow this to cool; whip up the cream until stiff, add a little castor sugar, arrange roughly on the top. Serve cold.

No. 609.

CRYSTAL PALACE PUDDING

(Pouding à la Crystal Palace).

2 large teaspoonfuls cornflour
 $\frac{3}{4}$ pint milk
 $\frac{1}{2}$ oz. gelatine
 2 ozs. sugar

Yolks 2 eggs
 $\frac{1}{2}$ teaspoonful vanilla
 A little angelica and candied
 cherries

Dissolve the gelatine in half a pint of milk (first dipping it in water), mix the cornflour with the remainder cold, pour milk and gelatine to cornflour, add sugar and flavouring, boil 5 minutes, strain to yolks of eggs. Put at the bottom of some small dariole moulds some of the angelica and candied cherries; fill with the mixture; when quite cold dip in warm water and turn out. Serve with cold raspberry sauce, for which take 2 tablespoonfuls of raspberry jam, sugar and water, boil 10 minutes, strain and use.

No. 610.

PARADISE PUDDING

(Pouding à la Paradis).

$\frac{1}{4}$ pint lemon or orange jelly cold
 , but liquid
 $\frac{3}{4}$ oz. pistachio nuts
 $\frac{1}{2}$ pint milk
 $\frac{1}{2}$ oz. gelatine
 2 ozs. castor sugar

$\frac{1}{2}$ teaspoonful vanilla
 $\frac{1}{4}$ pint water
 4 yolks eggs
 2 whites eggs
 3 ozs. ratafia biscuits
 2 ozs. preserved fruit

Put the jelly into a plain mould and turn it about until the sides and bottom are coated, then sprinkle it with the pistachio nuts, blanched and finely minced; beat up the eggs, add to them the milk boiling, pour into a custard pan or jug, stand in a saucepan of boiling water and stir until it thickens; add the gelatine dissolved in quarter pint of water, also sugar and vanilla; put at the bottom of the mould a layer of biscuits, sprinkle these with a little jelly, then a layer of fruit and a little custard, which must be cool, but not set; continue this until the mould is full; set in a cool place until firm, dip in warm water and turn out. If liked, the dish may be garnished with a little whipped cream.

RHUBARB MOULD

No. 611.

(*Moule à la Rhubarbe*).

1 lb. Rhubarb
3 ozs. sugar

1 pint water
Gelatine
A little lemon rind.

Boil the rhubarb in the water until soft, with the sugar ; strain away quarter pint of juice, and in this dissolve half ounce gelatine. Rub the rhubarb through a wire sieve: take three quarters of a pint of this and strain to it the gelatine, and add a few drops of cochineal ; pour into a mould. When set, dip in warm water and turn out. Any fruit may be used in the same way.

RICE À LA CRÈME

No. 612.

(*Riz à la Crème*).

1 lb. rice
1 pint thick cream
2 or 3 tablespoonfuls water
1 pint any kind jelly

A dust salt
1 oz leaf gelatine
2 teaspoonfuls castor sugar
1 teaspoonful vanilla
1 pint milk.

Wash the rice thoroughly, put into a saucepan with the milk ; stand this pan in another containing a few inches of water ; boil this until the rice is tender and the milk absorbed ; meanwhile dissolve the gelatine in the water over a gentle heat, add this to the rice, also the sugar and flavouring. Whip stiff a quarter of a pint of thick cream and add also, allow to get cool but not set. Pour half an inch of the jelly into a mould and ornament with fruits, or it may be coloured with cochineal ; when set pour in the rice, which must be cold but not set. When firm dip in warm water and turn out ; garnish with piles of whipped or trifle cream, flavoured with sugar and vanilla ; or the above may be put into a border mould and the centre filled with whipped or trifle cream, or any kind of cold stewed fruit may be served with the dish.

RICE MOULD (*with Stewed Fruit*)

No. 613.

(*Moule de Riz aux Fruits*).

1 lb. Carolina rice
2 ozs. sugar

1 teaspoonful vanilla
1 pint milk
1 teaspoonful salt.

Wash the rice thoroughly, put it into an enamelled pan with the salt and part of the milk ; boil until all the milk is absorbed and add the sugar ; by this time the rice should be quite tender, if not, a little more milk may be added ; add the vanilla, press well into mould that has been wetted with cold water ; turn out at once, and serve round the edge some stewed fruit (No. 619).

No. 614.

STRAWBERRY CUSTARD

(Crème Renversée aux Fraises).

2 large eggs
2 ozs. sugar

$\frac{1}{4}$ pint strawberries, ripe
A few drops lemon juice.

Pound the strawberries with the sugar, add the yolks, stand in a pan of boiling water, stir until it thickens, add the whites whipped stiffly ; serve in custard glasses when cold with wafers or finger biscuits.

No. 615.

TRIFLE CAKE

(Gâteau à la Bagatelle).

3 small sponge cakes
1 teaspoonful cornflour
 $\frac{1}{2}$ pint milk
 $\frac{1}{2}$ teaspoonful vanilla
A few almonds

1 tablespoonful sugar
1 glass sherry
2 tablespoonfuls jam
2 eggs
A few pistachio nuts

Divide the sponge cakes, lay them at the bottom of a dish, pour over the sherry, spread on the top the jam ; mix the cornflour with a little milk, add the remainder of the milk boiling, beat up the eggs and add the milk to them ; pour into a custard pan or jug, stand in boiling water and stir until thick, add the vanilla and strain over the jam ; sprinkle over the top of this, when cold and nearly set, the almonds and pistachio nuts, minced.

No. 616.

CHILDREN'S TRIFLE

(Bagatelle des Enfants).

1 pint milk
4 eggs
A few drops cochineal
 $\frac{1}{4}$ lb. Savoy biscuits or sponge cake

A few minced pistachios
2 tablespoonfuls castor sugar
1 teaspoonful vanilla
2 tablespoonfuls jam

Separate the whites from the yolks of the eggs, whip up the whites to a very stiff froth, add gradually a tablespoonful of sugar and whip briskly ; put the milk into a saucepan with the vanilla and a tablespoonful of sugar. When boiling, drop into it the whites formed into egg shape by means of 2 tablespoons, allow them to cook very slow on one side, then gently turn them over—about $1\frac{1}{2}$ minutes on each side will be sufficient ; lift them gently out on to a sieve to drain. When all are poached, beat up the yolks and add half a pint of the milk in which the whites have been poached ; pour

into a custard pan and stir until the custard thickens ; arrange the biscuits at the bottom of a glass dish, add a little jam ; continue this until the dish is nearly full ; strain the custard over the biscuits. Arrange the egg balls round the dish and high in the centre, sprinkle with pistachios, or leave white, according to taste.

ORANGE TRIFLE

No. 617.

(*Bagatelle d'Oranges*).

3 oranges
1 tablespoonful castor sugar
A few drops lemon juice

2 tablespoonfuls sherry
 $\frac{1}{2}$ pint double cream
1 tablespoonful brown sugar

Cut the rind off the oranges as thinly as possible, soak this 1 hour in the sherry, boil the brown sugar with 2 tablespoonfuls of water until it becomes syrupy, strain to this the sherry, peel the oranges and cut in rounds, lay these at the bottom of a glass dish, pour over the syrup. Put the cream into 1 pint of water and whip from side to side of the basin ; this will throw up a froth on one side, skim off the froth and set it to drain on a hair sieve ; pile this on the top of the oranges with a good dust of the castor sugar between each layer. Decorate with strips of orange peel or candied fruits.

ROYAL TRIFLE

No. 618.

(*Bagatelle à la Royale*).

2 ozs. ratafias
2 tablespoonfuls jam
1 egg
 $\frac{1}{2}$ pint milk
 $\frac{1}{2}$ pint double cream
A little lemon juice
Minced pistachio kernels

Candied angelica
2 ozs. Savoy biscuits
 $\frac{1}{2}$ glass sherry
 $\frac{1}{2}$ glass brandy
A few small meringues
A few drops vanilla
Candied fruit

Lay the ratafias at the bottom of a deep glass dish, sprinkle over the brandy, put on the top of this the jam, then a layer of the Savoy biscuits sprinkled with the sherry. Boil the milk, add to the egg beaten, put back into the pan, stand in a pan of boiling water and stir until it thickens and coats the spoon ; sweeten, add a few drops of vanilla and pour this over the biscuits. Put the cream into a bowl with half-pint of cold water, 2 tablespoonfuls of sugar, and a few drops of lemon juice ; beat it from side to side with a whisk ; a thick white froth will be seen to rise on one side of the bowl, skim this off and place it on a hair sieve to drain, continue to whip and skim off the cream as long as the froth rises :

half a pint of cream should yield a large quantity of froth. Allow it to stand on the sieve for an hour, and when whipping it, be careful to whip from side to side – not round, or the froth will not rise. Pile this very high on the top of the biscuits, then decorate it with meringues (No. 530) and candied fruit. It is best to put the cream froth and decorations on just before it is sent to the table.



ROYAL TRIFLE.

STEWED FRUIT

No. 619.

(*Compôte de Fruits*).

1 pint plums or any other
seasonable fruit

2 ozs. brown sugar
 $\frac{1}{4}$ pint water

Boil the water and the sugar until it becomes syrupy, about 15 minutes; put in the fruit and simmer until tender; dish when cold.

STEWED PEARS

No. 620.

(*Compôte de Poires*).

1 lb. stewing pears
 $\frac{1}{4}$ lb sugar

1 pint water
A little cochineal

Put the sugar and water into a pan, colour with the cochineal, and drop in the pears neatly peeled and cut in half ; simmer gently until tender ; lift out and reduce the water to a syrup by fast boiling. Pour over the pears and serve cold with cream.

GLAZED APPLES

No. 621.

(*Pommes Glacées*)

$\frac{1}{2}$ dozen apples, medium sized		$\frac{1}{4}$ tin apricots
4 ozs. sugar		Candied fruits
	4 cloves	

Peel and core the apples. Put them into sufficient boiling water to cover with 2 ozs. sugar and 4 cloves ; simmer until soft ; lift out and drain. Put the apricots, remainder of sugar and apricot juice into a saucepan, boil until soft, rub through a hair sieve. Arrange the apples in a dish, coat them with the syrup and garnish with candied fruits.

ICED ORANGES

No. 622.

(*Oranges glacés*).

1 dozen Tangerines		Orange icing (No. 693).
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Remove the peel and as much pith as possible, run a thread through the oranges, dip them in the icing, tie on a stick and allow them to set ; the icing may be coloured to taste. When dry, dish and serve.



PASTRY.

PASTRY-MAKING is frequently regarded as a very formidable undertaking, but it is by no means difficult if a few simple rules are carefully followed out. The first thing of importance is to decide what kind of pastry one is going to make, as a tendency exists amongst the uninitiated to partly make use of the methods for puff and partly for short pastry, the result being generally not possessed of the merits of either to a satisfactory degree, and often a cause of wonder to the maker as to the reason of non-success. It is essential to have good flour and good butter; if economy is a consideration, short or flaky pastry may be made with lard or dripping, and a very good household pastry can be made by using half butter and half lard or dripping. Unless ample time and attention can be given, it is not advisable to attempt puff pastry; and for nearly all ordinary purposes, short or flaky will be found satisfactory.

Puff pastry is made in many different ways, most cooks having their own special fancies; the one given here is after the French fashion, and I think it is the best. In the recipes, whenever a stated quantity of pastry is ordered, it means pastry made with that quantity of flour—thus, “half a pound of puff pastry” means “puff pastry with half a pound of flour,” the other ingredients being in proportion.

Brioche and Choux pastries are much in vogue on the Continent, and if carefully made, form a nice variation from the kinds in common use in this country.

In nothing is the excellence of the **Gas Range** more strikingly demonstrated than in the baking of all kinds of pastry. Ordinary pastry can be baked successfully in the upper part of the oven

whilst meat is roasting. To obtain the best results from this very economical method, it should be put in the oven at the same time as the meat, then by the time the gas needs to be turned down it will have commenced to brown, and there will be sufficient heat with the gas low to complete the cooking. There need be no fear of fruit tarts boiling over if the pie-dish is put into a dripping-tin and a little water poured round. Puff pastry should, if possible, be baked alone, and the oven made very hot before putting in. For most small things the heat is maintained till finished; for larger articles, such as *vol-au-vent*, &c., it is necessary to turn down the gas when the pastry is risen and has begun to brown. In using a solid shelf the same precautions must be observed as are mentioned under "Cakes" (page 210). The upper part of the oven is the best for baking pastry, and when strong heat is required the articles should be placed near the top. There is not any necessity to stew the meat first for meat pies, which is the custom with some, as a large meat pie, if put into a hot oven and the heat kept up until the pastry is risen, can be slowly cooked with the gas turned low for as long a time as may be needed to render the meat tender, and without any danger of burning the pastry.



PASTRY.

No. 623.

PUFF PASTRY

(*Pâte feuilletée*).

1 lb. flour
1 lb. butter
 $\frac{1}{2}$ pint cold water

Pinch salt (if necessary)
Yolk 1 egg
1 teaspoonful lemon juice

Pass the flour through a wire sieve into a bowl; mix the yolk, salt, and lemon juice with just a little less than half a pint of quite cold water; add this *all at once* to the flour and work up quickly, first with a palette knife, then with the fingers, into a paste, adding more water if needed. It may be taken as a rule for guidance that the finer the flour, the more water it will take up; but half a pint is oftenest the exactly right quantity for a pound of flour. Turn out on to a pastry slab or board and work the paste till quite smooth and not too stiff, then set aside in the cold for about 10 minutes. Put the butter in a corner of a floured cloth, press out as much moisture as possible, and keep cold until wanted. The kneading also makes the butter more supple, and less liable to break up on rolling out. Roll out the paste into an oblong form, lay the butter on one end in a flat cake, moisten the edges of the paste, fold over and seal thoroughly; give the paste a half turn so as to bring the folded edge to one side, press several times with the rolling-pin, then roll out into a strip about 18 inches long, keeping the corners as square and the edges as straight as possible, and using the pin chiefly forwards and backwards, only from side to side when necessary to keep the proper shape; fold the strip in three, give a half turn to bring the folded edges to the right and left, press and roll out as before: allow to stand 15 to 30 minutes in a cold place. In the summer it will be found very advantageous to use ice; this should be well broken up and put into two flat dishes, with the pastry in a tin between them. Repeat the folding and rolling until, in all, 6 or 7 rollings or "turns" have been given, allowing the pastry to stand as directed between each two

turns. After the last rolling it should stand a few hours covered with a cloth, when it is ready for use. and it may on this occasion be rolled in any desired shape instead of a strip.

NOTE.—Puff pastry may with advantage be prepared overnight. The chief dangers to be avoided in making this pastry are :—
(1) over-rolling, when the paste becomes rubber-like, and cannot be rolled out properly—a few minutes' standing puts this all right ;
(2) warming, which causes the butter to break through and spoil the paste.

No. 624.

FLAKY OR HALF-PUFF PASTRY

(*Demi-feuilletage*).

<p>1 lb. flour 8 to 12 ozs. butter or lard, accord- ing to richness desired</p>		<p>$\frac{1}{2}$ pint cold water 1 teaspoonful lemon juice or baking powder</p>
Pinch salt		

Instead of the lemon juice, a teaspoonful of non-effervescing baking powder (*see* Advt.) may be used with advantage. Half butter and half lard may be used. Pass the flour through a wire sieve into a bowl, add the salt, baking powder if used, and stir together ; cut up the butter or lard into pieces about the size of a walnut, drop into the flour, add the water with the lemon juice mixed with it and form quickly into a paste ; turn out on to the board and roll out into a strip ; fold in three and roll out again, and continue this five or six times in all ; this is improved by standing in a cold place an hour or two before using.

No. 625.

ALMOND PARISIAN CAKE

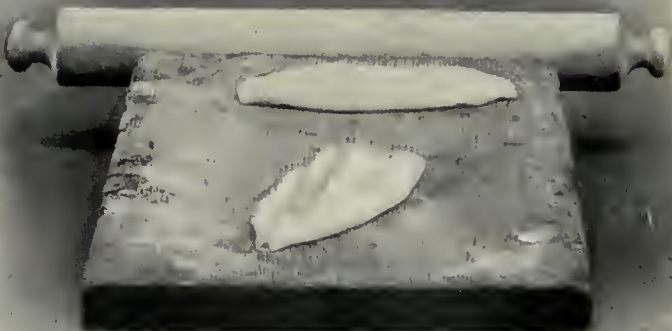
(*Gâteau Parisien aux Amandes*).

<p>$\frac{1}{2}$ lb. puff pastry (No. 623) 1 oz. crushed almonds</p>		<p>Yolk 1 egg 2 ozs. castor sugar</p>
A few drops almond essence		

Cut the pastry into two rounds one-third of an inch thick and about 1 inch in diameter ; mix the sugar, almonds, yolk of egg, and essence together. Spread this on one round, allowing it to come within an inch of the edge, wet the edge and put the other round on the top, decorate by cutting into the top of the pastry about one-eighth of an inch any design to taste ; brush over with egg, pin a band of greased paper loosely round and bake half an hour.



ALMOND PARISIAN CAKE.



FORMING BANBURY CAKES.

BANBURY CAKES

No. 626.

(*Gâteaux à la Banbury*).

$\frac{1}{2}$ lb. puff pastry (No. 623)
2 ozs. sugar
2 ozs. mixed peel
1 oz. biscuit crumbs

4 oz. currants
A dust of allspice
1 oz. butter
 $\frac{1}{2}$ an egg



BANBURY CAKES.

Roll the pastry out to one-eighth of an inch thick, stamp out into rounds 6 inches in diameter. Beat butter and sugar to a cream, add crumbs, egg, minced peel, spice and currants; put a little on each round of pastry, slightly wet the edges, bring together along the top and seal carefully, turn over so as to have smooth surface upwards and press out a little (*see plate*); brush over with the water, dust with sugar and bake 10 to 15 minutes.

ECCLES CAKES*(Gâteaux à l'Eccles).*

4 ozs. currants		2 ozs. Demerara sugar
2 ozs. candied peel		$\frac{1}{2}$ lb. puff pastry
		2 ozs. butter

Roll out the pastry to about one-eighth inch thick, stamp into rounds with a cutter about 4 inches in diameter. Warm the butter, mix with sugar, add peel minced, also the currants. Put a teaspoonful of this mixture in the centre of each round of pastry, wet the edges, draw together and seal in the centre, turn over, roll out to required size, make two or three incisions across the middle. Bake quickly and serve with sugar dusted over.

PITHIVIERS CAKES

No. 628.

(Gâteaux Pithiviers).

$\frac{1}{2}$ lb. puff paste (No. 623)		2 ozs. butter
$\frac{1}{4}$ lb. crushed almonds		2 ozs. biscuit crumbs
3 ozs. sugar		4 yolks eggs

Roll out the pastry to quarter inch thick and stamp out some rounds 3 inches in diameter; set on one side; roll out the scraps very thinly and stamp into rounds $3\frac{1}{2}$ inches in diameter; line some patty tins with these rounds. Cream butter and sugar, add eggs, crumbs and almonds. Fill the patty tins, roll the edges and put on the covers; cut a design on the top with a sharp knife. Brush over with egg and bake 20 minutes.

APPLE CHEESECAKES

No. 629.

(Cheesecakes aux Pommes).

$\frac{1}{2}$ lb. apples		3 ozs. brown sugar
3 cloves		2 eggs
1 oz. butter		1 tablespoonful castor sugar
Some scraps of short or puff pastry		

Roll out the pastry, cut in rounds and line some small patty tins; peel, core and cut in quarters the apples, put into an enamelled pan with 1 tablespoonful of water and the cloves; stew until soft, add the sugar and butter, when dissolved rub all through a fine wire sieve: beat up the eggs and add to apples; put a teaspoonful of this mixture into each patty case; bake 15 minutes. These may be covered with water icing flavoured with lemon.

ALMOND CHEESECAKES

(Cheesecakes aux Amandes).

$\frac{1}{2}$ lb. puff pastry (No. 623)
2 ozs. sweet almonds
Grated rind $\frac{1}{4}$ lemon
2 eggs

2 ozs. castor sugar
2 ozs. butter
1 tablespoonful rice flour
1 white of egg

Roll out the paste very thinly and line $1\frac{1}{2}$ dozen patty tins; blanch the almonds, chop and pound them very finely, beat the butter and sugar to a cream, add the yolks of the eggs and the rice flour, beat thoroughly, then add the lemon rind and almonds, and last of all the whites of the eggs beaten up to a stiff froth; put a teaspoonful of this mixture into each patty case, and bake 15 minutes.

No. 631.

BREAD CHEESECAKES

(Cheesecakes au Pain).

$\frac{1}{4}$ lb. white bread crumbs
1 oz. butter
A dust of nutmeg
1 tablespoonful brandy
Some scraps puff or short pastry

$\frac{1}{2}$ pint milk
2 ozs. sugar
2 ozs. currants
2 eggs
A little lemon rind

Roll out the pastry, cut in rounds and line some small patty tins; put the milk and butter into a saucepan, allow it to boil, pour this over the bread crumbs, sugar and nutmeg; add the brandy, currants and a little grated lemon rind; beat up the yolks and add also the whites whipped to a stiff froth; put a good teaspoonful of this mixture to each patty case and bake 15 minutes.

COCOANUT CHEESECAKES

No. 632.

(Cheesecakes au Noix de Coco).

3 ozs. grated cocoanut or 2 ozs.
desiccated cocoanut
1 tablespoonful rice flour
1 egg

$\frac{1}{4}$ teaspoonful baking powder
 $1\frac{1}{2}$ ozs. castor sugar
 $1\frac{1}{2}$ ozs. butter
Some scraps pastry, short or puff

Roll out the pastry very thinly and line 1 dozen patty tins, beat the butter and sugar to a cream, add the egg and rice flour, beat well, and lastly add the cocoanut and baking powder, put a good teaspoonful of this mixture into each patty tin, and bake 10 to 15 minutes. Serve hot or cold.

LEMON CHEESECAKES

(Cheesecakes au Citron).

2 oz. butter
 $\frac{3}{4}$ lb. sugar
 Rind and juice 1 lemon

Yolk 3 eggs
 White 1 egg
 $\frac{1}{2}$ lb. puff pastry (No. 623)

Roll out the pastry about a quarter of an inch thick, cut in rounds with a plain or fancy cutter; cut the centres half way through with a small cutter; bake about 15 minutes; push the centres in with the finger. Put all the above ingredients into an enamelled saucepan, and stir over a very gentle heat until the mixture becomes about as thick as honey; when all cold, fill each patty case. The mixture will keep if put in a jar and covered.

MACAROON CHEESECAKES

(Cheesecakes aux Macarons).

3 ozs. sweet almonds
 3 ozs. castor sugar
 Whites 2 eggs

1 tablespoonful rice flour
 $\frac{1}{4}$ teaspoonful orange flower water
 $\frac{1}{2}$ pound puff pastry (No. 623)

Roll out the pastry thinly, and cut in rounds; with this line some small patty tins; blanch and pound the almonds and add the orange flower water; beat the whites of the eggs to a stiff froth; add the sugar, rice flour, and almonds; stir lightly together; put a teaspoonful of the mixture into each patty case and bake 10 to 15 minutes.

ORANGE CHEESECAKES

(Cheesecakes à l'Orange).

2 ozs. Savoy biscuits
 2 tablespoonfuls milk or cream
 1 dessertspoonful brandy, if liked
 $1\frac{1}{2}$ ozs. butter

1 egg
 The rind (grated) and juice 1 orange
 $\frac{1}{2}$ lb. puff pastry (No. 623)
 $1\frac{1}{2}$ ozs. sugar

Roll out the pastry, cut in rounds, and line a dozen patty tins; beat the butter and sugar to a cream, add the egg and Savoy biscuits crushed, then the rind and juice of the orange; put a teaspoonful of the mixture into the patty tins and bake about 15 minutes.

FLORENTINES

No. 636.

(*Florentines*).

6 ozs. puff pastry
6 whites of eggs

A little vanilla or almond essence	
2 tablespoonfuls jam	
2 ozs. castor sugar	

Roll the pastry out into a square, and about one-eighth of an inch thick; bake 10 minutes, spread with jam, whip up the whites of eggs to a stiff froth, add flavouring and sugar; spread over the jam, dust with sugar, and bake in a slow oven until set; cut in fingers and serve.

MERLITONS

No. 637.

(*Merlitons*).

1¼ lbs. puff pastry (No. 623)
1 egg
1 oz. sugar

½ oz. butter	
¾ oz. ratafias	
Grated rind 1 orange	

Roll out the pastry as thinly as possible, and line some rather deep tartlet moulds. Crush the ratafias and put them in a basin with the egg and sugar; beat this together until quite light and frothy, then add the orange rind and butter melted; pour this into the moulds, dust thickly with sugar, and bake in a moderate oven 15 to 20 minutes



CUSTARD PATTIES.

CUSTARD PATTIES

(Petits Pâtés à la Crème Renversée). $\frac{1}{2}$ lb. puff pastry (No. 623)

Stiff custard (No. 741)

Vanilla or almond essence

1 oz. candied cherries

Whites 2 eggs

Roll out the pastry quarter inch thick, stamp into rounds with a plain or fancy cutter 3 inches in diameter, then take a plain cutter 2 inches in diameter and press it half-way through each round of pastry. Put on a baking sheet and bake 15 minutes in a hot oven. When done, take out the centres, put 2 candied cherries in each, and fill with the stiff custard sweetened and flavoured to taste. Whip up the whites of egg until very stiff, add 1 table-spoonful of sugar and a little flavouring, the same as used for the custard. Put this into a forcing bag with fancy tube, and decorate the top of each. Put back into the oven until brown. Serve cold or hot.



PEAR PATTIES.

PEAR PATTIES

(*Petits Pâtés aux Poires*).

$\frac{1}{2}$ lb. puff pastry (No. 623)		1 tablespoonful lemon cheese (No. 747)
$\frac{1}{4}$ pint thick custard (No. 741)		6 or 8 candied pears

Roll out the pastry quarter inch thick, stamp out with a pear-shaped cutter about 3 inches long; with a plain round cutter cut half way through the pastry at the wide end of each; put on a greased baking sheet, brush over with beaten egg and bake in a hot oven 15 to 20 minutes; take out, remove the cut centres, fill with the custard and lemon cheese mixed and place on the top of each half a candied pear; dish round with the wide ends towards the centre.

No. 640

MINCE PIES

(*Pâtés de Fruits hachés*).

$\frac{1}{2}$ lb. puff pastry (No. 623)		Mincemeat (No. 748)
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Roll out the pastry to a little less than a quarter of an inch thick, stamp out a dozen rounds with a cutter 3 inches in diameter, roll out the scraps as thinly as possible and stamp out the same number of rounds with a cutter half an inch larger; line some patty tins, or the holes of a combination tin with the thin rounds, put a good teaspoonful of mincemeat in each, wet round the edges, put on the covers, seal, brush over the tops with beaten egg and bake in a hot oven for 15 or 20 minutes. When done they should be at once lifted out on to a sieve.

No. 641.

PASTRY PLAITS

(*Pâtisserie Nattée*).

$\frac{1}{4}$ lb. puff pastry (No. 623)		Red and green jam
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Roll out the pastry to an eighth of an inch thick, cut this into strips of an inch wide. Fasten three or four of these strips together and plait them, bake in a hot oven; when nearly done brush with water, dust thickly with sugar and put back in the oven for a few minutes; allow to cool and decorate the cavities with red and green jam alternately.

RED CURRANT PUFFS

(Chaussons à la Groseille rouge).

½ lb. puff pastry (No. 623)

Red currant jelly

Roll the pastry out to an eighth of an inch thick, cut in squares about 6 inches, brush with egg, fold over cornerwise and press together. Bake 15 minutes, take out of oven, brush with water, dredge thickly with sugar, put back for two minutes; when cold make a hollow with a sharp knife, and by means of a paper cornet fill with red currant jelly or whipped cream.

VANILLA SLICES

(Feuilletée à la Vanille).

½ lb. puff paste (No. 623)

A few drops vanilla

½ pint thick custard (No. 747)

White water icing flavoured with
vanilla (No. 692)

Make the pastry according to recipe, roll out to about one-eighth of an inch thick, cut into two strips $4\frac{1}{2}$ inches wide and as long as the pastry will allow; bake in a hot oven 10 minutes; meanwhile prepare the custard, flavouring with vanilla; set aside until cool. When the pastry is cool, spread the custard on one strip, and put the second strip over the top; cover with the icing. Cut with a sharp knife in strips about 2 inches wide.

SLIPPERS À LA CREME

(Cornets à la Crème).

¼ pint thick cream

½ teaspoonful vanilla

6 ozs. puff pastry (No. 623)

1 dessertspoonful sugar

A little cochineal or candied fruits
for decorating

Roll out the pastry very thinly into a length about 16 inches, cut this into 10 or 12 strips 1 inch wide, wet slightly along one edge of each; grease some slipper moulds on the outside and wrap the pastry round, beginning at the point and allowing the wetted side to wrap over each fold (*see plate*); brush over the top with a little beaten egg; bake 10 minutes, remove moulds and allow to get quite cold; whip the cream until stiff, add the sugar, vanilla and a few drops of cochineal and with this fill each of the cases; serve dished in a ring. If preferred, the cream may be left white and sprinkled over with candied fruit.



FORMING SLIPPERS OR CORNETS.



SLIPPERS À LA CRÈME.

TALMOUSES

(Talmouses).

$\frac{1}{4}$ lb. puff pastry (No. 623)		$\frac{1}{2}$ oz. crushed almonds
Choux paste (No. 667)		A few drops almond essence
		1 tablespoonful sugar



TALMOUSES.

Roll out the puff pastry to one-eighth of an inch thick, cut into rounds $3\frac{1}{2}$ inches in diameter. Prepare choux paste and add to it sugar, crushed almonds and essence. Put a teaspoonful of this in each round, wet the edges and turn up in shape of a three-cornered hat (*see plate*). Bake a nice brown, dust with sugar and serve hot or cold.

No. 646.

POLISH TARTS

(Tartes à la Polonoise).

Puff pastry (No. 623)		Strawberry jam
Apricot jam		White of eggs or cream

Roll some puff pastry very thinly, cut into squares of 5 or 6 inches, wet the corners and fold each into the centre; bake 10 to 15 minutes; fill two corners with strawberry jam and two with apricot jam; decorate the centre with whipped cream, or whipped white of egg. If cream is used the tartlets must be cold, if white of egg sprinkle with sugar and put back into the oven a few minutes to set.

APPLE TARTLETS

(*Tartelettes aux Pommes*).

½ lb. puff pastry (No. 623)		3 ozs. sugar
1 lb. apples		2 cloves
		2 whites egg

Roll out the pastry to $\frac{1}{4}$ inch thick ; stamp into rounds with a cutter 3 inches in diameter, then take a cutter 2 inches in diameter and cut half way through each round of pastry. Place these on a baking sheet and bake a nice brown in a hot oven ; when done take out the centres. Meanwhile peel, core and slice the apples, stew until tender with 2 ounces of sugar, 2 tablespoonfuls of water and the cloves, rub through a wire sieve, whip up the whites of egg to a stiff froth, add a little flavouring essence and 1 ounce sugar, put a ring of this round each tartlet, dip in minced pistachios or dessicated cocoanut ; put in the oven to set ; then fill them with the apple purée by means of a bag and tube. A candied cherry may be placed on top of each.

CREAM TARTLETS

(*Tartelettes à la Crème*).

2 eggs		2 ozs. biscuit crumbs
2 ozs. butter		2 ozs. sugar
$\frac{1}{4}$ pint thick cream		$\frac{1}{2}$ teaspoonful vanilla
A little red currant jelly		6 ozs. puff pastry (No. 623)

Line some small patty tins with the pastry ; beat the butter and sugar to a cream, add eggs and crumbs, put a teaspoonful of this into each patty tin, bake 15 minutes and allow to cool ; whip the cream until stiff, add the vanilla and a little sugar, put a thin layer of jelly on the tartlet, then pile a little cream on the top.

JAM TARTLETS

(*Tartelettes à la Confiture*).

½ lb. puff pastry (No. 623)		A little jam
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Roll out the pastry a quarter of an inch thick, cut in rounds with a fancy cutter, cut the centres half-way through with a smaller cutter, brush over with egg, and bake 15 minutes ; when done push the centres down with the finger and fill with jam ; if liked they may be decorated with a little sugar icing (No. 692).

OYSTER TARTLETS

(Tartelettes aux Huîtres).

$\frac{1}{2}$ lb. French puff pastry (No. 623)
 1 oz. butter
 $\frac{1}{4}$ pint cream
 $\frac{1}{2}$ score oysters
 $\frac{1}{2}$ teaspoonful lemon juice
 A dust salt, pepper and cayenne
 2 eggs boiled hard

1 oz. flour
 1 tablespoonful of chopped lobster
 claw
 2 tablespoonfuls of liquid from
 oysters
 1 tablespoonful grated Parmesan
 cheese

Minced parsley

Prepare the pastry a few hours before it is required, roll out about quarter of an inch thick, stamp out in rounds with a fancy cutter about 3 inches in diameter, then stamp out the same number of rounds with a fancy 2 inch cutter, stamp the centres out of the latter with a fancy 1 inch cutter. Brush over the top of the large rounds with beaten egg, then place on the top of those the smaller rounds with the centres removed, brush the top again with egg and bake 15 minutes. Meanwhile prepare the oysters as follows:—Melt the butter in a saucepan, add the flour and stir till smooth, then add the cream and liquid from the oysters, salt, pepper, cayenne and lemon juice, boil three minutes; this should be a thick white sauce, resembling whipped cream. Beard the oysters, drop them into boiling water for half a minute, divide into two or three according to size, add to sauce with the grated cheese and one hard-boiled egg chopped very fine; with this fill each of the pastry cases, cover alternately with the chopped lobster, white and yolk of egg and parsley.



VOL-AU-VENT PREPARED FOR FILLING.

VOL-AU-VENT (*Savoury*)*(Vol-au-vent, savoureux).*

1 lb. puff pastry (No. 623)

Roll out the pastry half an inch thick; take a large round cutter, about 7 inches in diameter, and cut out one piece of pastry; take a cutter 2 inches smaller, place this in the centre and cut half way through the vol-au-vent, as for patties; roll out the remainder of the pastry quarter of an inch thick, and cut into a round with a cutter 6 inches across; lay both pieces on a



VOL-AU-VENT.

baking sheet, pin round the large piece of pastry a piece of oiled paper about 5 inches deep, to keep it in shape; bake in a hot oven half to three-quarters of an hour; about 15 minutes before removing from the oven brush over the top with a little egg; when done remove the centre and fill with chicken, veal, lobster, or oyster mixture (*see* Nos. 355-143); place the smaller piece on the top and serve.

VOL-AU-VENT (*Sweet*)

No. 652.

(*Vol-au-vent aux Fruits*).

1 lb. puff pastry, (No. 623)
3 tablespoonfuls castor
sugar
½ pint thick cream

1 pint of strawberries, or any
fruit in season
2 tablespoonfuls water
½ teaspoonful vanilla

Roll out pastry three-quarters of an inch thick; cut with a large oval cutter, 8 inches by 5 inches, place on the centre a cutter 1 inch smaller and cut half way through, as for patties; pin round a piece of oiled paper about 5 inches deep, to keep it in shape. Bake in a hot oven half to three-quarters of an hour; about 15 minutes before it is done, brush over with a little egg; when done, remove the centre. Prepare the fruit as follows: Boil 2 tablespoonfuls of the sugar and the water together 10 minutes, put in the fruit and boil until tender; strain the juice and boil down to half the quantity; put the fruit into the pastry case, pour over the juice, whip the cream until stiff, add the remaining tablespoonful of sugar and vanilla, and if liked a few drops of cochineal, pile on the top of fruit and serve. The cream may left white and sprinkled with candied fruit or minced pistachio nuts according to taste.

RICH SHORT PASTRY

No. 653.

(*Pâte brisée, fine*).

½ lb. flour
5 ozs. butter

½ teaspoonful baking powder
Pinch salt

Cold water

Pass the flour through a wire sieve into a bowl, add salt, baking powder and butter; lightly rub the butter into the flour with the fingers until the whole has the appearance of breadcrumbs, then add enough water to form it into a stiff paste. Roll out once.

NOTE.—For sweet dishes a teaspoonful of sugar may be added, if liked.

HOUSEHOLD SHORT PASTRY

No. 654.

(*Pâte brisée de Ménage*).

½ lb. flour
¼ lb. butter, lard or dripping

½ teaspoonful baking powder
Pinch salt

Cold water

Add the salt and baking powder to the flour, rub the butter into the flour with the fingers until the mixture looks like breadcrumbs, then add enough water to form into a stiff paste. Roll out once.

NOTE.—If liked a teaspoonful of sugar may be added to this pastry when used for sweet dishes.

APPLE CAKE

(*Gâteau de Pommes*).

½ lb. short pastry (No. 653)		2 ozs. sugar
1 lb. apples		

Divide the pastry in 2 pieces, roll each out into a round about 7 inches across. Peel and core the apples, slice on to one of the rounds, keeping them within an inch of the edge; cover with sugar, moisten the edges with water, lay the other round on top, press together and decorate the edges; cut it across the top in strips, brush over with cold water, dust with sugar, and bake 20 to 30 minutes.

No. 656.

APRICOT CAKE

(*Gâteau aux Abricots*).

½ tin apricots		5 ozs. sugar
4 ozs. rich short pastry		Whites of 3 eggs
A little almond essence		



APRICOT CAKE.

Roll the pastry into a round the size of a dinner plate, roll the scraps of pastry into a cord shape, wet the round of pastry near the edge and stick the cord of pastry round half-an-inch from the edge; put on a flat tin and bake until a light-brown, first making two or three incisions with a fork in the centre to keep it flat; when done decorate the edge with the whites of the egg whipped stiff, sweetened with the 2 ounces of sugar and a little almond essence. Arrange this rather high by means of a forcing bag and tube, dust with sugar and put back into the oven to lightly brown and set; meanwhile, put into a saucepan quarter pint of apricot juice, with 3 ounces of sugar, and boil until it will set; test by dropping a little on a plate; allow to cool; when pastry is cool arrange in centre the apricots, pour over the syrup, and when set, serve.

No. 657.

WELSH CHEESE CAKES

(Cheesecakes Gaulois).

1 egg	½ lb. short pastry (No. 653)
2 ozs. butter	2 ozs. sugar
2 ozs. flour	A little grated lemon rind
	¼ teaspoonful baking powder

Line a dozen small patty tins with the pastry, and put in the centre of each a quarter of a teaspoonful of jam; beat the butter and sugar to a cream, add the egg (beaten) alternately with the flour, lastly add lemon rind and baking powder, and put a teaspoonful of this mixture on the top of the jam; bake in a moderate oven 15 minutes, dish and cover with castor sugar; serve cold or hot.

CHILIAN EMPANADAS

No. 658.

(Empanadas à la Chile).

6 ozs. short pastry (No. 653)	A grate of nutmeg
2 ozs. sultanas	A small boiled onion, minced
2 ozs. minced apple	A grate of garlic
1 minced hard-boiled egg	Pinch salt

Roll out the pastry into a square, as thinly as possible, mix the rest of the ingredients together, place on one end of the pastry, wet the edges, fold over and form a pastie; wrinkle the edges and bake in a moderate oven about 20 minutes. This is a national dish.

CORNISH PASTIES

(Petits Pâtés à la Cornouailles).

¼ lb. beef or other meat
¼ lb. potatoes
½ teaspoonful salt

¼ teaspoonful pepper
½ a small onion, minced
½ lb. short pastry (No. 654)

Cut up the beef and potatoes into small squares and mix with them the salt, pepper and onion. Roll out the pastry, cut into 6 or 8 squares or rounds about 4 inches across, put a tablespoonful of the mixture on each, fold over three-corner-wise and seal well; bake in a moderate oven about half an hour.

No. 660.

LEMON CHEESE ROLL

(Rouleau au Lemon Cheese).

Prepare a rich short pastry of half a pound of flour (No. 653) and flavour it with a little grated lemon rind; roll it out into a wide strip a quarter of an inch thick and spread over it some lemon cheese (No. 747). Roll up and seal well; place on a greased baking sheet and bake about an hour. Dish on a lace paper and dust over with sugar; serve hot or cold.

No. 661.

LITTLE APPLE SOUFFLÉS

(Petits Soufflés aux Pommes).

1 lb. apples
3 ozs. brown sugar
Some scraps short pastry

2 or 3 cloves

Some meringue mixture (No. 530)
Some boiled sugar (No. 754)
2 tablespoonfuls water

Roll out the pastry thinly and cut in rounds about 2 inches in diameter, cut some strips of pastry half an inch wide, brush the rounds of pastry with a little egg and lay the strips of pastry round the outside, edgewise; bake 10 minutes; peel, core, and divide the apples, stew until soft with the water and cloves, add the sugar and fill each of the cases; then cover each with the meringue mixture in a pointed shape; set in a slow oven until firm and slightly brown; have the boiled sugar ready, dip into it quickly each soufflé; sprinkle with chopped Pistachio nuts and serve.

APPLE MERINGUE TART

(Tarte aux Pommes, Meringuée).

7 lb. apples		6 ozs. short or puff pastry
White of 2 eggs		4 ozs. sugar
		A little flavouring

Peel and core the apples, stew them to a pulp with 3 ounces sugar and 2 tablespoonfuls of water; line a pie dish with the pastry and decorate the edges with cut leaves; put in the apple mixture and bake until a nice brown; whip up the white of the eggs to a stiff froth, add 1 oz. sugar and flavouring, pile on the top of the apples, dust with sugar; put back into the oven, serve hot or cold, with custard or cream.

SYRUP TART

(Tarte à la Mélasse).

6 ozs. short pastry (No. 653)		¼ lb. syrup
1 teacupful breadcrumbs		A dust of grated ginger

Roll out the pastry to about quarter of an inch thick, line a shallow tin or a plate, decorate the edges with the trimmings of pastry. Mix together the syrup, breadcrumbs, and ginger, pour into tin and bake about 30 minutes.

VICTORIA TARTLETS

(Tartelettes à la Victoria).

2 ozs. butter		¼ of a grated lemon rind
2 ozs. castor sugar		Some water icing (No. 692)
2 ozs. Savoy or sponge crumbs		¼ oz. minced pistachio nuts
1 egg		Some scraps short paste

Butter some Victoria tartlet moulds and line with the paste, which must be rolled as thinly as possible and well pressed into the moulds. Beat the butter and sugar to a cream, then add the crumbs, grated lemon rind, and egg well beaten; mix thoroughly, fill the moulds within quarter of an inch of the top and bake about 20 minutes, or until firm. Remove from the tins, and pour over a little white water icing made with a quarter lb. sugar; sprinkle at once, while the icing is liquid, with the pistachios or any candied fruits.



VICTORIA TARTLETS.

No 665.

ALMOND TARTLETS

(Tartelettes aux Amandes).

$\frac{1}{4}$ lb. short pastry (No. 653)
 Some tinned apricots or jam
 3 ozs. crushed sweet almonds
 3 ozs. castor sugar

A few drops almond essence
 $\frac{1}{2}$ raw white of egg
 Almond icing (No. 692)
 Pistachios

Roll the pastry out thinly and line with it some patty tins, put the half of an apricot or a little jam at the bottom of each; mix the almonds and sugar together with the half white of egg beaten, and add the essence; cover the jam in patty tins with this, bake in a moderate oven 15 to 20 minutes. When cold dip them in the icing, and decorate with candied cherries or pistachios.

APRICOT TARTLETS

(*Tartelettes aux Abricots*).

Short pastry (No. 653)	3 ozs. sugar
$\frac{1}{2}$ tin apricots	$\frac{1}{2}$ pint milk
2 ozs. rice	Almond essence

Boil the rice in the milk until tender, sweeten and add essence : roll out the pastry thinly, stamp into rounds and line some patty tins ; fill with the boiled rice, bake 15 minutes, remove part of the rice and lay on top half an apricot. Pour over a little glaze as follows : 3 ounces of sugar, 2 tablespoonfuls of the syrup from the apricots ; boil together until it will become hard when dropped on to a plate.

CHOUX PASTRY

(*Pâte à Choux*).

$\frac{1}{4}$ pint water	2 ozs. flour
2 eggs	2 ozs. butter

Put the water and butter into a pan, bring to the boil, pass the flour through a wire sieve, and add to the water and butter. Stir until quite smooth over a gas burner or slow fire. Turn out to cool for a few minutes, add the eggs well beaten. Beat the mixture for 5 to 10 minutes. This is used for éclairs, fanchonettes, and many other sweets, also for making little balls to be taken with soup (*see* page 1).

CHOUX PASTRY (*with Caramel*)

(*Pâte à Choux au Caramel*).

Choux pastry (No. 667)	1 oz. crushed lump sugar
$\frac{1}{2}$ oz. pistachios	1 oz. currants
$\frac{1}{4}$ lb. brown sugar	

Prepare pâte à choux, put on a baking tin in form of eggs by means of a bag and tube, bake until firm and brown. Put the brown sugar into a pan with a tablespoonful of water, boil until a dark brown ; dip in the pastry, then roll in the currants and pistachios, chopped and mixed with the crushed lump sugar.

*CREAM BUNS**(Pâte à Choux à la Crème).*Choux Pastry (No. 667)
½ pint double cream1 oz. castor sugar
Vanilla essence

Prepare choux paste and beat it very thoroughly; place dessertspoonfuls of this at intervals on a greased baking sheet, nick round the edges with a knife, cover with a greased dripping tin and bake in a moderate oven about 40 minutes without removing the cover; when done put on a sieve to cool, first cutting them open near the top in a slanting direction. Whip the cream stiff, add sugar and flavouring and fill the openings in the buns by means of a forcing bag and tube.

No. 670.

*ÉCLAIRS**(Éclairs).*

¼ pint cream

Icing

Choux pastry (No. 667)

Prepare pâte à choux as recipe. Put into a forcing bag with a plain tube; force out on to a greased baking sheet into finger lengths (*see plate*); bake in a brisk oven for about half an hour



FORMING ECLAIRS.

When done, open down one side with a knife; allow to cool on a sieve or grid; whip up the cream and fill the centres of éclairs by means of a bag and tube. Dip in any kind of icing to taste. Allow to set.



ICED ÉCLAIRS.

No. 671.

APPLE EGGS

(Pâte à Choux aux Pommes).

1 lb. apples
Choux pastry (No. 667)

2 ozs. sugar
Icing

Prepare pâte à choux as recipe. Force on to a baking sheet by means of a forcing bag and tube into the shape of an egg; bake half an hour; remove the ends and allow to cool. Meanwhile, stew the apples with the sugar and a little water to a pulp. Fill the centres of the cases. Cover with white icing (No. 692), and allow to set.

HORSE SHOES OF CHOUX PASTE

(*Fers à Cheval garnis*).

Choux pastry (No. 667)
Chocolate or Vanilla icing
(No. 692)

A few candied cherries
 $\frac{1}{4}$ pint whipped cream or stiff custard
(No. 741)

Prepare the choux pastry, put in into a forcing bag (*see* Advt.), press out on to a greased baking sheet in the shape of horse shoes, bake until brown and set, allow to cool, cut them open on the under side and fill with the cream or custard by means of the forcing bag. Prepare icing, dip into it each shoe and cover the top; put on pieces of cherries to represent the nails.



ST. HONORÉ CAKE.

ST. HONORÉ CAKE

(*Gâteau St. Honoré*).

Choux pastry (No. 667)	3 whites of eggs
3 ozs. short pastry (No. 653)	3 ozs. sugar
½ oz. flour	3 yolks
1 teaspoonful lemon juice	¼ pint milk
Candied cherries	

Prepare the short pastry and roll out the size of a breakfast plate; put on a baking tin. Make pâte à choux and put it into a forcing bag with a plain tube; squeeze round the pastry within half an inch of edge; then, on the tin, force out some little dots. Bake the whole until brown and set; when cold, dip the small pieces in water icing and stick round the edge of pastry on top of the choux pastry with cherries between. Moisten the flour and sugar with the yolks and milk, add flavouring, cook with constant stirring until it thickens and set aside to cool; whip up the whites very stiff and stir lightly to the custard; form in egg shapes with 2 large spoons and pile in the centre of gâteau.

No. 674.

BRIOCHE PASTE

(*Brioche*).

1 lb. flour	½ oz. German yeast
A dust of salt	2 ozs. sugar
2 ozs. crushed almonds	¼ pint tepid water
7 small eggs	

Put quarter lb. of the flour into a bowl, add the salt, make a well in the centre and break up the yeast into it, then add quarter pint tepid water; leave this sponge for 15 minutes in a warm place, then work into a ball, cut across and set in a warm place to rise about 15 minutes; meanwhile melt the butter, add to it the eggs well beaten, add this gradually to the remainder of the flour, now add the sponge, and mix all very well together; put in well-buttered moulds, set aside until it has risen and is quite light, about an hour or more; bake in a quick oven, soak with fruit syrup, spirits or wine, and serve with whipped cream.

No. 675.

BABA CAKE

(*Baba à la Crème*).

Brioche paste (No. 674)	¼ pint whipped cream
½ tin apricots	Flavouring
¼ lb. sugar	Candied fruits

Butter and fill a border mould with the brioche paste, put bands of paper round inside and outside the mould; when risen, bake in rather a quick oven and turn out; make a syrup of the sugar and half a pint of liquid from the apricots, pour over the cake, fill the centre with the apricots and pour over a little syrup. Allow to cool, then decorate with whipped cream and fruits.

GENOESE PASTRY

No. 676.

(*Pâte Gênoise*).

4 small eggs or 3 large ones
2 ozs. butter

$\frac{1}{4}$ lb. castor sugar
3 ozs. flour

Put the eggs and sugar into a bowl, set it over a pan of hot water and whip briskly with a whisk about 20 minutes; when the



GENOESE PASTRY.

mixture is nicely warmed remove from the pan and whip until quite a stiff froth; meanwhile melt the butter but do not make it hot, then add to the eggs and sugar a little butter and a little flour (sifted) alternately until all is added; stir very gently, but on no account beat the mixture while adding the butter and flour; pour into a mould well lined with oiled paper, bake in a moderate oven 20 to 30 minutes. When cold this may be iced, made into sandwiches, tartlets, diamonds, &c.

GENOESE PASTRY (*with Orange*)

(*Génoise à l'orange*).

Genoese pastry (No. 676)
 $\frac{1}{2}$ grated orange rind

Marmalade
 Orange icing (No. 693)

Make pastry as recipe. Flavour with orange rind. Bake in a shallow tin so as to be about 1 inch thick when done; when cool cover with marmalade, then with orange icing. Cut in fingers, and serve.

PRINCESS TARTLETS

(*Tartelettes à la Princesse*).

Some Genoese pastry (No. 676)
 $\frac{1}{4}$ pint thick cream
 1 dessertspoonful castor sugar
 or some candied fruits

A little jam
 A few drops cochineal
 $\frac{1}{2}$ teaspoonful ratafia or vanilla



PRINCESS TARTLETS.

Cut the Genoese pastry, when cold, into rounds about $1\frac{1}{2}$ inches in diameter, take out a piece from the centres with a small

cutter and fill with jam; whip up the cream, add the sugar and essence, and pile on the top of the jam; the cream may be coloured with the cochineal or sprinkled over with the candied fruits or minced pistachio nuts, according to taste.

No. 679.

PASTRY FOR COLD PIES

(Pâte pour les Pâtés froids).

1 lb. flour
¼ lb. butter
Pinch salt

1 egg
½ teaspoonful baking powder
Cold water

Sift the flour into a bowl, mix with it the salt and baking powder, rub in the butter, drop the egg without beating into the centre, add enough water to make a stiffish paste and work well with the hand until quite smooth. Roll out once and use for lining pie moulds.

No. 680.

COCOANUT PASTRY

(Pâte au Noir de Coco).

¼ lb. butter
6 ozs. grated cocoanut or ¼ lb.
desiccated cocoanut

2 ozs. flour
¼ lb. sugar
6 ozs. eggs (3 large)

Beat the sugar and butter to a cream, add eggs (beaten) alternately with the flour (sifted), beat thoroughly, lastly add the cocoanut; line a flat tin with oiled paper, spread on this the mixture about three-quarters of an inch thick; bake until firm in a moderate oven about 20 minutes; when cold cover with cocoanut icing (No. 692); when set cut in pieces 3 inches long and 1 inch wide.

GENOA PASTRY

(Pâte à la Gène).

¼ lb. flour
¼ lb. butter
¼ lb. castor sugar

3 eggs
2 ozs. ground almonds
A little jam
A pinch of baking powder

No. 681.

Beat the butter and sugar to a cream, add the egg (beaten) alternately with the flour (sifted), beat thoroughly, lastly add the ground almonds and baking powder; spread on a flat tin (lined with buttered paper) about half an inch thick; bake in a moderate oven about 20 minutes; when cold cut through and place the jam between, cover with castor sugar or water icing (No. 692); cut in finger lengths or fancy shapes according to taste.

*SUET PASTRY**(Pâte à la Graisse de Bœuf).*

$\frac{1}{2}$ lb. flour
 $\frac{1}{4}$ lb. suet or 2 oz. Hugon's
refined suet

$\frac{1}{4}$ teaspoonful salt
 $\frac{1}{2}$ teaspoonful baking powder

Shred and mince the suet finely, add to flour with the baking powder and salt and enough cold water to make into a paste, which must not be too stiff. This may be boiled $1\frac{1}{2}$ hours in a cloth or mould, or rolled out and used for fruit puddings, roly-polies, &c.



ICES.

THE two chief varieties of Ices are Water Ices and Ice Creams; the basis of the latter is usually a rich custard with cream.

Many very pretty and delicious preparations can be made by using different flavourings or various kinds of candied fruits, the processes of manufacture being practically the same in all cases. Difficulty in freezing may be sometimes accounted for by the use of too much sugar. The proportion should not exceed 4 ounces to a pint; frequently the addition of a little plain cream or custard without sugar is found materially to assist the freezing. A good freezer is indispensable, such as the American freezer. The most useful freezing mixture is got by mixing 2 parts of well-pounded ice with 1 part of rough salt.

For Ice Puddings any metal mould, to which a cover can be fitted, will answer. The mixture should be partially frozen before putting into the mould, the cover put on and well sealed with lard; the pudding may then be left buried in the freezing mixture until required.

Water Ices can be varied in similar fashion by the use of flavourings and fruit juices; perhaps lemon is the most generally employed.

ICES.

No. 683.

BROWN BREAD ICE

(Crème glacée au Pain bis).

$\frac{1}{2}$ pint crumbs of brown bread		$\frac{1}{2}$ teaspoonful of Noyeau Essence
2 oz. sugar		$\frac{1}{4}$ pint milk
		$\frac{1}{4}$ pint cream.

Dissolve the sugar in the milk; when cold, add the cream, essence and crumbs, stir well together and freeze.

No. 684.

TANGERINE ICE

(Crème glacée aux Tangerines).

6 Tangerine oranges		Yolks 4 eggs
$\frac{1}{2}$ pint milk		2 ozs. sugar

Peel the oranges thinly, boil the milk and add the rind, allow to stand 15 minutes, strain, boil up and add to yolks, add sugar and orange pulp, pass through a fine sieve, and when cold freeze.

No. 685.

VANILLA ICE CREAM

(Crème glacée à la Vanille).

$\frac{1}{2}$ pint custard (No. 739 or No. 740),		$\frac{1}{2}$ pint cream
without sugar		2 teaspoonfuls vanilla
		$\frac{1}{4}$ lb. sugar.

Add to the custard while hot the quarter pound of sugar and stir well; when cold add the cream and vanilla; mix well together and freeze.

No. 686.

VARIOUS ICE CREAMS

(Crèmes glacées, variées).

These can be made as vanilla ice (No. 685), using different flavourings.

LEMON WATER ICE

(*Eau glacée aux citrons*).

Rind and juice of 6 lemons		6 ozs. sugar
1 pint boiling water		

Peel the lemons as thinly as possible. Put rind in a basin with sugar and water, allow to stand till quite cold, then add lemon juice, strain and freeze.

No. 688.

VARIOUS WATER ICES

(*Eaux glacées, variées*).

Made as No. 687, varying the fruits.

No. 689.

ICE PUDDING

(*Pouding glacé*).

½ pint rich custard (No. 738)		4 ozs. sugar
without sugar		4 ozs. mixed candied peel
½ pint cream		1 teaspoonful mixed pistachio nuts
½ glass any liqueur or a little flavouring essence		

When making the custard use only the 4 ozs. of sugar; set aside till cold, then add cream and flavouring; half freeze, then put in the fruit cut up small, and pistachios, finish freezing, press lightly into a copper mould which has been standing in ice and salt, cover with a close fitting lid, well seal the edge with lard and embed the mould in ice and salt for several hours. When required, chip away the lard, remove the lid, dip in cold or only faintly warm water, turn out and serve at once. Should the lid stick, lay on it a slightly warmed wet towel.



ICINGS.

No. 690.

ALMOND PASTE

(*Pâte d'Amandes*).

$\frac{1}{2}$ lb. crushed almonds
 $\frac{3}{4}$ lb. icing sugar

A few drops almond essence
About 2 whites of eggs

Mix almonds and sugar together, then add essence and enough unbeaten white of egg to mix into a stiff paste; turn out on to a baking board and work with the hand until it is a smooth paste. Form into a round the shape of cake, put on the top and smooth with a knife. If very firm the cake may be covered with royal icing (No. 691) at once; if soft, leave in a warm room for a few days, then ice.

No. 691.

ROYAL ICING

(*Glace crue à la Royale*).

1 lb. icing sugar
1 teaspoonful lemon juice

A little almond essence
2 or 3 whites of eggs

Pass the sugar through a hair sieve, or a piece of muslin, add the lemon juice and essence; add one white of egg at a time (unbeaten) until the mixture is of the right consistency to keep its shape when dropped from the spoon; beat 15 minutes, cover cake, smoothing it with a knife dipped in cold water. Decorate by means of an icing bag and tubes (*see advt.*)

WATER, CHOCOLATE, COCOANUT, ALMOND and COFFEE ICINGS

(Glaces cuiles à l'Eau, au Chocolat au Noix de Coco, à l'Amande, au Café).

½ lb. sugar.

| 2 tablespoonfuls cold water

Put the sugar into a saucepan and slightly warm it; if for water icing add a few drops of vanilla or other essence and it is ready; for chocolate icing, add a little powdered chocolate or cocoa essence and vanilla, for cocoanut icing, add a little grated cocoanut; for almond icing, a few pounded almonds and some essence; and for coffee icing, use strong coffee instead of water.

No. 693.

ORANGE ICING

(Glace cuite à l'Orange).

Make the same as water icing (No. 692), using orange juice instead of water.

No. 694.

BUTTER ICING

(Glace au Beurre).

6 ozs. icing sugar

| 2 ozs. butter

1 tablespoonful brandy or any other flavouring.

Beat the butter and sugar to a cream, add the brandy, coffee essence, lemon juice, orange juice, or flavouring to taste.



OMELETTES, SOUFFLÈS, &c.

No. 695.

FRENCH SAVOURY OMELETTE

(Omelette aux Fines Herbes à la Française).

2 eggs
Salt and pepper
Dust sweet herbs

A little minced onion
A little minced parsley
1 oz. butter
1 tablespoonful milk



FRENCH OMELETTE.

Break the eggs into a bowl, add the rest of the ingredients except the butter, and whisk very briskly for a few minutes, continuing the whipping up to the moment of pouring into the pan; make the butter hot in a frying-pan, pour in the mixture and fry quickly until the underside is a light brown and the upper surface is nearly, but not quite set, shaking the pan and using a palette knife to prevent sticking. When done, dish by folding in three as follows:—With the knife quickly turn one side of the omelette over

to the middle, so as to leave an equal part uncovered, then slip the omelette on to a hot dish, rough edge first, and as it is slipping on the dish give a dexterous turn of the pan so as to make the folded part of the omelette roll over and fall evenly on top of the unfolded part. The omelette thus is made to show its characteristic smooth surface.



FOLDING OMELETTE.

No. 696.

CHICKEN LIVER OMELETTE

(Omelette au Foie de Poulet).

1 or 2 chicken or fowl livers
A little minced onion
1 tablespoonful chopped
mushrooms

Salt and pepper
1 oz. butter
4 tablespoonfuls good gravy
French omelette (No. 695)

Remove the gall-bladders and wash the livers, drop into boiling water and simmer gently about 10 minutes, remove and chop up roughly. Heat butter in frying-pan, add liver, onion and mushrooms, fry 2 or 3 minutes, add seasoning and gravy and keep hot while making the omelette. Before *folding* the omelette pour the liver mixture into the centre.

No. 697.

OMELETTE SOUFFLÉE (*with Macaroons*)

(Omelette Soufflée aux Macarons).

3 or 4 fresh eggs
3 teaspoonfuls sugar

2 macaroons
A few drops almond essence

Separate the yolks from the whites, add the sugar to the yolks, beat well and add the macaroons (crushed) and the essence; whip the whites to a stiff froth, mix half lightly with the yolks; now add to the remainder of the whites, stir very lightly and pour into a long shallow dish, smooth with knife; put into a slow oven until a skin is formed on the top, take out and slit from end to end down to the bottom of the dish, put back in the oven for about 10 minutes; dust with sugar and replace in the oven from 3 to 5 minutes; serve at once.

No. 698.

SAVOURY OMELETTE (*Soufflée*)

(*Omelette Soufflée aux Fines Herbes*).

2 eggs		$\frac{1}{2}$ teaspoonful minced parsley
A small piece of onion, the size of a		A pinch of salt and pepper
pea, minced		A dust of sweet herbs
		1 oz. butter

Separate the yolks from the whites of the eggs, add to the yolks the salt, pepper, sweet herbs, parsley and onion, stir them together, whip up the whites until quite stiff, stir these lightly to the yolks; melt the butter in an omelette pan without browning it, pour in the mixture, place over a gentle heat and fry a light brown, draw to one side of the pan, turn over and brown the other side; dish on a hot dish and serve at once. Or the American omelette pan (*see advt.*) may be used; in this case divide the butter and place half in each side of the pan; pour half the mixture into each division and fry over the gas grill; when done, slip under the grill and brown the top; close the tin instead of folding the omelette, turn out and serve at once.

No. 699.

SWEET OMELETTE (*Soufflée*)

(*Omelette Soufflée au Sucre*).

2 yolks of eggs		1 dessertspoonful castor sugar
$\frac{1}{2}$ teaspoonful vanilla, or any		3 whites of eggs
flavouring that may be pre-		1 oz. butter
ferred.		1 tablespoonful jam

Separate the yolks from the whites of the eggs, add to the yolks the sugar and vanilla, stir lightly, whip up the whites until they are a stiff froth, stir these lightly to the yolks, &c.; melt the butter in an omelette pan, but do not allow it to become brown,

pour in the mixture and fry gently until a nice light brown and slightly set ; place it under a gas grill, and when brown turn on to a hot dish, spread on one half the jam slightly warm, turn over the other half, cover with castor sugar and serve. Or use American omelette pan as for savoury omelette (No. 698).

No. 700.

POTATO SOUFFLÉ

(Soufflé aux Pommes de Terre).

½ lb. mashed potatoes		3 eggs
1 tablespoonful cream		1 oz. butter
Salt and pepper		

Melt the butter, add to the mashed potatoes with the cream, seasoning and yolks of eggs ; mix well, then stir in lightly the 3 whites, whipped to a stiff froth. Bake in small soufflé cases buttered or in a pie dish until quite brown. A rather quick oven is the best.

No. 701.

SNOW SOUFFLE

(Soufflé à la Neige).

1 oz. potato flour		A dust of salt
1 oz. butter		2½ ozs sugar
3 eggs		¼ pint cream or milk
½ teaspoonful vanilla		

Melt the butter, add the flour, stir till smooth, add the milk, sugar and vanilla ; boil 5 minutes, and beat until quite smooth, add the yolk and put on one side ; add a little salt to the whites and whip them until they are quite a stiff froth ; stir lightly to the butter, &c. ; pour into a buttered soufflé mould or a pie dish, fasten round a band of buttered paper, and bake from 20 to 30 minutes ; when done remove the paper, dust with sugar, and dish immediately. This mixture may be baked in small paper soufflé cases, the cases first being oiled on the outside.

No. 702.

SOUFFLÉS (Various)

(Soufflés variés).

Almost any kind of soufflé, sweet or savoury, may be prepared in the same way as the snow soufflés (No. 701) by adding different flavourings.

APPLE FRITTERS

(Beignets de Pommes).

Peel and core some large apples, cut in slices about one-third of an inch thick, dip in batter (No. 736), drop in smoking-hot fat, fry a nice brown or until apples are cooked—about 3 minutes; drain, sift fine sugar over and serve at once.

DOUGH NUTS

(Beignets).

Mixture as for Berlin pancakes (No. 705). Roll out a quarter of an inch thick, stamp into rounds with a cutter about 3 inches in diameter, now take a smaller cutter about 1 inch in diameter and stamp out the centres; drop the rings into smoking-hot fat, fry a nice golden brown, lift out, drain, dust with castor sugar and serve hot or cold.

BERLIN PANCAKES

(Beignets à la Berlin).

½ lb. flour
1 oz. sugar
1 egg
¼ teaspoonful salt
1 oz. butter

½ oz. yeast
About 2 tablespoonfuls milk
½ teaspoonful jam for each
A little grated lemon rind
Some frying fat

Rub the butter into the flour, add lemon rind, salt and sugar; warm the milk and pour over the yeast, add 1 teaspoonful of sugar and the same of flour, cover and set in a warm place 10 minutes; beat up the egg, mix with the yeast and milk, pour this into the flour and knead like bread, until it leaves the hand quite clean; set in a warm place to rise 1 hour; roll out one-eighth of an inch thick, cut in rounds about 2½ inches in diameter, lay half a teaspoonful of jam on half of the rounds, wet the edges slightly, cover with the remaining half of the rounds and seal the edges thoroughly; drop these a few at a time into smoking-hot fat, fry about 4 or 5 minutes or until risen about 1½ inches thick and browned, drain, sprinkle with castor sugar and serve hot.

PANCAKES

(*Crêpes*).

6 ozs. flour
1 egg

1 pint milk
Salt and lard

Mix the salt with the flour, and very carefully and gradually add the milk; when quite smooth add the eggs well beaten; allow this to stand for 2 hours; put a morsel of lard into an iron frying-pan, make hot and pour in enough batter to cover the pan: fry on one side, toss, and when brown slip on to a plate, dust with sugar and sprinkle with lemon juice; roll up and serve at once.

No. 707.

BAKED PANCAKES

(*Crêpes au four*).

2 ozs. butter
2 ozs. flour
2 ozs. sugar

2 eggs
 $\frac{1}{2}$ pint milk
Lemon

Beat butter and sugar to a cream, add flour, then the milk gradually, and lastly add the eggs well beaten and mix well; it is improved by standing an hour or two. Pour the batter into about 4 well buttered saucers, bake about 20 minutes in a moderate oven. Dish in a pile with sugar and lemon juice or jam between



INVALID COOKERY.

IN cooking for invalids the following are the principal points to be borne in mind. Dishes should be prepared in small quantities and frequently. Service should be simple and attractive. Seasonings must be used very sparingly. As a general rule invalids prefer savouries to sweets. Beef tea, where permissible, may be varied by the addition of a little vegetable. Fat must be carefully removed from beef tea and soups; this is readily done by passing strips of cap or soft white paper across the surface. Lemonade made with cold water is much more refreshing than if hot water is used. The best way to prepare a boiled egg is to drop it into a pan containing sufficient boiling water to cover, put on the lid, turn out the gas and leave for 5 minutes. In preparing jellies it is not advisable to use gelatine; it is better to use calf's feet or isinglass.

The advantages of the **Gas Cooking Range** never shine out more brilliantly than in times of sickness. It is at instant command; at any moment of the day or night hot water or other necessities can be instantly obtained. The remark is often made that, even if for cases of emergency alone, the installation of a Gas Range is an investment bearing interest untold.

INVALID COOKERY.

No. 708.

BOILED ARROWROOT

(*Bouillon d'Arrowroot*).

½ pint water
A little grated lemon rind
2 dessertspoonfuls arrowroot

1 glass sherry or 1 tablespoonful
brandy
1 dessertspoonful sugar

Moisten the arrowroot with 2 tablespoonfuls of water ; boil the remainder and pour over the arrowroot, pour back to the saucepan and add the sugar and lemon rind ; boil 5 minutes, add the wine or brandy ; allow this to cool, and serve. This may be made with milk, or with varying proportions of water and milk, at discretion.

No. 709.

CHICKEN BROTH

(*Bouillon de Poulet*).

1 chicken or fowl
1½ pints water

1 dessertspoonful pearl barley
¼ teaspoonful peppercorns
A little salt.

Divide the chicken into joints (the breast may be reserved for chicken fillets), put into a saucepan with the cold water, peppercorns, salt and barley ; bring slowly to the boil, skim thoroughly, and simmer very slowly 2 hours ; pass through a strainer and serve. If required, a little mixed vegetable may be added.

No. 710.

MUTTON BROTH

(*Bouillon de Mouton*).

1 lb. scrag end of neck of mutton
½ oz. pearl barley
1 pint cold water

¼ teaspoonful peppercorns
A little salt
A very little celery

Divide the mutton and soak in warm water 15 minutes ; place in a saucepan with the barley, peppercorns, salt and cold water ; Bring slowly to the boil, skim thoroughly, simmer slowly 2 hours, strain, remove the fat, and serve. Vegetables may be added at discretion.

No. 711.

CHOPS OR STEAKS

(Moulon-schops ou Bifleks).

Sprinkle the chop or steak with a little salt, lay between 2 buttered plates and place the plates over a pan of boiling water, boil gently for 30 minutes. Serve at once.

No. 712.

CHICKEN CREAM

(Crème de Poulet).

Breast of 1 chicken		1½ pints water
½ oz. pearl barley		Pinch of salt
		½ oz. isinglass

Shred the chicken with a knife, put into a saucepan with the barley, salt and water; simmer very slowly 1½ hours, strain, pound the solid part in a mortar, pass through a wire sieve, add to liquor, reheat and serve. If required cold, dissolve in the above the isinglass; pour into moulds and turn out like cream.

No. 713.

INVALID CUSTARD

(Crème renversée des malades).

¼ pint milk		1 egg
1 teaspoonful sugar		A pinch of salt
		A dust of nutmeg.

Beat up the egg, add to it the milk, sugar, salt and nutmeg; strain into a small basin buttered thoroughly, cover with buttered paper and stand in a pan of boiling water, allowing the water to come within an inch of the top of the basin; simmer very slowly 20 minutes, or until the custard is just set; turn out and serve.

No. 714.

SAVOURY CUSTARD

(Thé de Bœuf aux Oeufs).

¼ pint good beef tea		1 egg
		Pinch salt

Beat up the egg, add to it the beef tea and salt; pour into a buttered basin, cover with buttered paper, steam (as No. 713) 20 minutes, or until firm; turn out and serve.

PORT WINE DROPS

(Boules au Porto).

$\frac{1}{2}$ pint port wine		$\frac{1}{2}$ oz. isinglass
Grated rind $\frac{1}{2}$ lemon		$\frac{1}{2}$ inch cinnamon stick
		3 ozs. lump sugar

Put all the above ingredients into a saucepan and warm gently ; allow to cool slightly, then pour on wetted plate ; when set cut into small rounds,

No. 716.

CHICKEN FILLETS

(Filets de Poulet).

Take the breasts of a chicken, lay them on a buttered plate, squeeze over a few drops of lemon juice, cover this with another buttered plate ; put the plates over a pan of boiling water for 20 to 30 minutes ; serve the fillets on a warm dish as they are, or with white sauce (No. 100).

No. 717.

FISH

(Poisson).

Take the fillets of sole or plaice, wash and wipe them very dry, lay them between 2 buttered plates, sprinkle over a few drops of lemon juice, place the plates over a pan of hot water and steam about 15 minutes, or until the fillets look quite white ; dish and decorate with parsley and cut lemon. White sauce (No. 100) may be served with this, if liked. Any kind of fish steak may be cooked in this manner ; whiting is especially suitable for invalids.

No. 718.

BARLEY GRUEL

(Crème d'Orge).

2 ozs. pearl barley		A strip lemon rind or a little
1 quart water		cinnamon stick
		A little sugar

Wash the barley thoroughly with cold water ; boil in the water with the lemon rind and cinnamon until quite thick and reduce to half the quantity ; strain and add the sugar, reheat and thin with sherry or port as required.

OATMEAL GRUEL

(Crème d'Avenal).

1 oz. oatmeal
1 oz. brown sugar
¼ oz. butter

1 pint water
1 teaspoonful grated nutmeg
Pinch salt

Mix the meal with a little cold water, pour over the remainder of the water, boiling; pour this back into the saucepan, add salt, sugar and nutmeg; simmer slowly 20 minutes, stir in the butter and serve. If the meal is coarse, or if preferred, the gruel may be strained. A little milk is also sometimes considered an improvement, or an egg beaten.

LEMONADE

(Limonade).

1 lemon

1 ½ pint water
1 ½ ozs. sugar

Cut off the very outside rind of the lemon with a sharp knife, taking care not to get any of the white part, put this into a jug with the juice and sugar, pour over half a pint of *cold* water, cover and allow it to stand 2 hours; strain, and it is ready for use.

CHICKEN PANADE

(Panade de Poulet).

Breast of 1 chicken
Pinch of salt

A little water
1 tablespoonful cream

Cut the chicken into strips and shred it finely, put into a jar with as much cold water as will cover it, add the salt and cover firmly with paper; stand this in a pan of boiling water, allowing the water to come within an inch of the top of the jar; steam in this way 1 ½ to 2 hours; strain the liquid from the chicken, pound the chicken in a mortar thoroughly and rub it through a hair sieve, using the liquid to help it through; reheat, add the cream and a little more seasoning, if required.

ARROWROOT PUDDING

(Pouding d'Arrowroot).

1 tablespoonful arrowroot
2 eggs

A dust nutmeg
½ pint milk
2 teaspoonfuls lump sugar

Mix the arrowroot with one tablespoonful of milk, boil the remainder and pour over the arrowroot; pour this back into the pan and boil 3 or 4 minutes, adding the sugar and nutmeg; beat up the yolks and whites of eggs separately, add to the above mixture; pour this into a greased basin, cover with buttered paper, stand in pan of boiling water, allowing the water to come within an inch of the top of the mould; steam in this way half an hour, or until the mixture is firm, or if preferred, it may be poured into a buttered dish and baked in a slow oven.

No. 723.

INVALID PUDDING

(*Pouding des Malades*).

$\frac{1}{2}$ oz. ground rice		$\frac{1}{4}$ lemon rind, grated
$\frac{1}{2}$ oz. castor sugar		$\frac{1}{2}$ pint milk
	1 egg	

Mix the ground rice with 1 tablespoonful milk, add to it the remainder of the milk boiling, also the sugar, lemon rind and a pinch of salt; pour this back into the saucepan and boil 3 or 4 minutes; beat the yolk and white of the egg separately, add the yolk to the milk, &c., then the white, which must be lightly stirred in; pour this into a buttered pie dish and bake in a slow oven half an hour; serve hot or cold.

EGG RESTORATIVE

No. 724.

(*Lail de Poule au Rhum*).

4 new-laid eggs		Lemon juice
1 tablespoonful castor sugar		$\frac{1}{2}$ pint new milk
	2 glasses rum.	

Put four new-laid eggs into a basin, cover with lemon juice, turn them every day for 4 days, when they will have become soft; beat them up with the shells, add the sugar, milk and rum, strain through fine muslin into a bottle. One-third of a wineglassful taken 3 times a day will be found most strengthening.

SALAD SANDWICHES

No. 724a.

(*Sandwiches de Salade*).

Cut some thin slices of bread and butter and spread with a very little Liebig Co.'s extract of meat; dry some cress, or any salad vegetable, by shaking lightly in a towel, cut up small. sprinkle with a little salt and make into neat sandwiches.

SAGO SOUF

(*Soupe de Sagou*).

½ pint beef tea		½ oz. sago, fine
2 tablespoonfuls cream		Yolk 1 egg
¼ pint water		Pepper and salt

Cook the sago until clear in the quarter pint of water, then add the beef tea, pepper and salt, simmer 10 minutes; beat up the egg with the cream, pour the soup to this, put back into saucepan and reheat, but take care it does not boil, or it will curdle.

BEEF TEA

(*Thé de Bœuf*).

½ lb. lean beef	½ pint water.
Pinch salt	

Cut the beef into strips, then shred it with a knife, keeping back the fibrous tissue and fat; put the shredded meat into a jar with the cold water and salt; cover with buttered paper and allow to stand 2 hours; put into a pan of cold water, allowing the water to come within 1 inch of the top of the jar, set over a gentle heat, bring slowly to the boil, then turn the gas very low and simmer slowly half an hour, stirring occasionally; pass through a coarse strainer, pressing the meat so as to extract all the juice; take some small pieces of cap paper and draw them lightly over the tea; in this way the whole of the fat may be easily removed.

BEEF TEA (*Quickly Made*)

(*Thé de Bœuf hâtif*).

½ lb. lean beef		A pinch of salt
	½ pint water	

Cut the meat into strips and shred it with a knife, keeping back all the fibrous tissue and fat; put this into a saucepan with the water and a pinch of salt; stir over a very gentle heat for 15 minutes, taking care it does not boil; by this time the juice will be extracted from the meat; strain through a coarse sieve; draw small pieces of cap paper over the top to remove the fat; serve as required.

BEEF TEA (*Raw*)

(*Thé de Bœuf cru*).

$\frac{1}{2}$ lb. lean beef		A pinch of salt
$\frac{1}{2}$ doz. drops lemon juice		A little water

Cut the beef into strips and shred it, put into a jar, add the salt, lemon juice, and just enough water to cover the meat; cover and allow this to stand 2 or more hours; pass through a coarse strainer, press well to get all the juice from the meat; serve in a tinted glass to mask the colour.

No. 729.

LINSEED TEA

(*Tisane à la Graine de Lin*).

1 oz. linseed		1 quart water
$\frac{1}{2}$ oz. liquorice		$\frac{1}{2}$ oz. sugar candy
A strip of lemon rind		$\frac{1}{2}$ oz. brown sugar

Wash the linseed, put it into a saucepan with the water and lemon rind, bring to the boil and skim well, simmer slowly half an hour, stirring occasionally; then add sugar and liquorice, and when both are dissolved strain and use.

No. 730.

APPLE WATER

(*Boisson de Pommes*).

2 sharp, juicy apples		1 pint boiling water
1 oz. sugar		A strip of lemon rind

Peel and core the apples, cut into thin slices, put into a jug, add sugar, lemon rind and boiling water, cover, set aside to cool, strain, and it is ready.

No. 731.

BARLEY WATER

(*Tisane d'Orge*).

1 oz. pearl barley		1 quart water
Juice and rind of $\frac{1}{2}$ lemon		1 dessertspoonful sugar

Wash the barley, allow it to boil 3 minutes, strain off all the water, add 1 quart of fresh water, the lemon rind and juice and simmer slowly 1 hour; strain and serve as required.

No. 732.

VEAL BROTH

(*Boillon de Veau*).

Proceed as for chicken broth (No. 709), using 2 pounds of the neck of veal instead of the fowl.

MISCELLANEOUS.

No. 733.

BROWNING

(*Caramel*).

Put quarter lb. sugar into an iron pan, with 2 tablespoonfuls water; heat it until it turns a dark brown, turning it about all the time; add quarter pint of water and allow the sugar to dissolve in this. When cold pour into a bottle for use. Should this not be sufficiently liquid to use, add a little more water. Parisian Browning Essence, which can be got at any Italian warehouse, is one of the best and saves the trouble of making.

No. 734.

SAVOURY SUET BALLS

(*Boulettes à la Graisse de Bœuf*).

$\frac{1}{2}$ lb. flour	1 teaspoonful salt
1 teaspoonful minced parsley	$\frac{1}{4}$ teaspoonful pepper
$\frac{1}{4}$ lb. minced suet	A dust of powdered sweet herbs
$\frac{1}{2}$ teaspoonful baking powder	

Mix all the ingredients together with cold water; form into balls, small or large, as preferred. Cook in stews or gravies, allowing half to 1 hour, according to size of balls.

No. 735.

FRYING BATTER (No. 1)

(*Pâte à Frir*).

Two ounces flour, enough water or milk to make into a batter about as thick as cream, a little salt or sugar (this depends upon what it is required for).

FRYING BATTER (No. 2)

(Pâte à Frîre).

2 ozs. flour

1 egg

|

A little milk or water

Mix the flour smooth with the egg and add enough water or milk to make it about the consistency of good thick cream; if for a savoury dish, add salt and pepper; if for a sweet, add sugar and a little flavouring, such as brandy, essence of lemon or vanilla.

No. 737.

FRYING BATTER (No. 3)

(Pâte à Frîre).

2 ozs. flour
Yolks of 2 eggs

|

1 white of egg
A little milk

Mix the flour smooth with the yolks, add enough milk to make quite smooth, and a little thicker than cream; whip up the white of egg quite stiff, add last with a little flavouring; salt and pepper if for a savoury dish; sugar and flavouring essence if for a sweet. All batters are better made some 2 hours before they are required for use.

No. 738.

RICH CUSTARD

(Crème renversée fine).

1 pint boiling milk
3 teaspoonfuls sugar

|

A little flavouring essence
6 yolks of egg.

Beat up the eggs, add the milk and sugar, pour into a custard-pan or jug, stand in a pan of boiling water, stir until it coats the spoon, add the essence, and pour into a dish or custard glasses.

No. 739.

MEDIUM CUSTARD

(Crème renversée).

1 pint boiling milk
2 teaspoonfuls sugar

|

2 eggs
1 teaspoonful vanilla or other flavouring

Beat the eggs with the sugar, add the milk, pour into a custard pan or jug, set in a pan of boiling water, stir until it coats the spoon, add the essence, pour into a dish or glasses and serve when cold with fruit, &c.

CHEAP CUSTARD

(*Crème renversée économique*).

1 pint milk	2 teaspoonfuls sugar
1 egg	A little essence of vanilla or
2 teaspoonfuls cornflour	lemon

Wet the cornflour with a little milk, add to it the remainder of the milk boiling and boil 3 minutes; beat up the egg with the sugar, add to cornflour and milk, pour into a custard pan or jug, stand in a pan of boiling water, stir until it coats the spoon, add the flavouring and pour into a dish or custard glasses.

PASTRY CUSTARD

(*Crème Palissière*).

2 ozs. flour	1 whole egg
2 ozs. sugar	1 yolk egg
1 oz. butter	Pinch salt
½ pint milk	Grate of lemon rind

Put all the ingredients, except the milk, into a pan, mix well together with a wooden spoon till quite smooth, add the milk, stir constantly over the gas till it boils, continue to cook with constant stirring about 3 minutes.

CHESTNUT FORCEMEAT

(*Farce aux Marrons*).

1 small onion	1 tablespoonful grated ham
1 teaspoonful chopped parsley	The liver of a turkey or fowl
1 dozen chestnuts	Salt, pepper
2 ozs. butter	Dust of mace

Roast and peel the chestnuts, pound them, add the onion, parsley and ham minced, the mace, seasoning and butter. Mix well and use for turkey, fowl, &c.

PORK FORCEMEAT

(*Farce pour le Porc*).

2 lbs. onions	¼ lb. breadcrumbs
1 tablespoonful crushed sage	Salt and pepper

Cut the onions into quarters, drop into boiling water containing a little salt; parboil 15 minutes; drain, chop up, add sage, salt and pepper. Use for stuffing pork, ducks, geese, &c.

VEAL FORCEMEAT

(Farce pour le Veau).

½ lb. breadcrumbs
¼ lb. minced suet
1 dessertspoonful minced parsley
Pepper

Dust of sweet herbs
A little grated lemon rind
2 or 3 eggs.
Salt

Mix all the above ingredients together, with as much beaten egg as is necessary to moisten it. Use for veal, turkeys, fowls, &c.

BROWN GLAZE

(Glace de Viande).

1 pint aspic jelly (No. 589)
1 tomato

1 good teaspoonful Liebig Co.'s
Extract of Meat

Put all into a saucepan and boil until reduced to half the quantity; strain and when nearly cold use for coating tongues, hams, pressed beef, &c.

WHITE GLAZE

(Glace blanche).

½ pint béchamel sauce (No. 59) | ½ pint pale aspic jelly (No. 589)
3 tablespoonfuls cream

Put the sauce and aspic into a pan, boil until reduced to half the quantity; strain, add the cream and when nearly cold use for coating cold fowls, &c.

LEMON CHEESE

(Lemon-cheese à l'Anglaise).

6 ozs. castor sugar
Yolks of 4 eggs
White of 1 egg

Grated rind and juice of large
lemon
2 ozs. butter

Beat up the eggs, put them into a saucepan with the other ingredients and stir over a gentle heat until it thickens; pour on to a plate, and when cool use. This may be put into jars and kept until required.

*MINCEMEAT**(Mélange de Fruits hachés).*

1 lb. currants
 1 lb. raisins
 1 lb. candied orange, lemon,
 and citron peel
 1 lb. suet
 1 lb. apples
 1½ lbs. Demerara sugar
 1 oz. mixed spice

Grated rind 3 lemons
 Grated rind 3 oranges
 ¼ pint brandy
 ¼ pint sherry
 1 lb. sultanas
 ½ lb. finely-minced almonds
 The juice of 1 lemon and juice
 of 1 orange

Stone and mince the raisins, also the suet, apples, candied peel, almonds, and sultanas; mix these with the currants, sugar, spice, lemon and orange rind, brandy, sherry, and the juice of the orange and lemon. This mixture should be put in jars, covered, and kept at least 3 weeks—the longer the better.

No. 749.

*FRIED PARSLEY**(Persil frit).*

Wash and pick the parsley, not too small, dry it thoroughly, put it into a wire frying basket and plunge into enough smoking-hot fat to cover it for a few seconds (it should turn a darkish green, but not black, and be crisp), turn out on to soft paper and drain; dust with pepper and salt and serve with fish, &c.

No. 750.

*PURÉE OF APPLES**(Marmelade de Pommes).*

1 lb. apples

1 clove

3 ozs. sugar

Peel and core the apples and cut in thin slices; put into an enamelled pan with the cloves, sugar and a little water; boil until tender, rub through a wire sieve and use.

No. 751.

*APRICOT PURÉE**(Marmelade d'Abricots).*

½ tin apricots

¼ lb. brown sugar

¼ pint syrup from tin

Put into a saucepan, boil 10 minutes, rub through a hair sieve. Use for cakes, pastry, &c.

MARMALADE

(Marmelade).

Take about 12 seville and 2 sweet oranges, divide into quarters, take out the pips, cover these latter with water and allow to stand all night; cut the fruit into fine shreds, put into a deep dish and add 3 pints of water to each pound of fruit; let it stand 24 hours, then boil till tender (about three-quarters of an hour); let it stand all night, add liquid from pips, then weigh and allow 1 $\frac{1}{4}$ lbs. castor sugar to each pound; boil together three-quarters of an hour, or until the juice is well set; put into jars and cover with parchment. The juice of 2 lemons to about 12 oranges is an improvement.

No. 752.

BOILED RICE FOR CURRIES

(Riz pour les Plats au Kari).

Patna rice will be found the best for curries. It must be washed thoroughly and thrown into plenty of boiling water, containing 1 teaspoonful of salt to each quart, and a few drops of lemon juice; boil 15 to 20 minutes, or until the grains will break between the thumb and finger; drain on a wire sieve, pour over a little cold water and dry thoroughly, keeping the grains quite separate. Dish as a vegetable.

No. 753.

RICE BORDER

(Bordure de Riz).

$\frac{1}{2}$ lb. rice
Yolks 3 eggs

	About 1 pint stock
	Salt
Pepper	

Wash the rice and boil until tender in the stock until it is all absorbed; add seasoning; stir in the yolk; press this into a border mould, first dipped in hot water; turn out at once. This may be used as a garnish for minces, stews, salmis, &c.

No. 754.

BOILED SUGAR

(Sirop à Glacer).

Put some castor sugar into a brass pan; cover it with water and boil it until the sugar begins to turn light brown; while hot dip anything into it that is to be decorated; allow to cool, and serve.

TEA

(*Thé*).

To make really good tea have the pot very hot (an earthenware pot is the best). Allow 1 teaspoonful of tea to each person and 1 over for the pot. Pour over the boiling water and allow to stand 3 to 5 minutes. It is a good plan to pour off the tea into a fresh hot pot when it has stood the required time.

COFFEE

(*Café*).

2 ozs. coffee, freshly ground		1 pint boiling milk
1½ pints boiling water		A small pinch of salt
Enough dry mustard to cover a threepennypiece		

Mix the mustard and salt with the coffee, put into a hot jug or coffee pot and pour over the 1½ pints of boiling water; pour a little once or twice into a cup, then back into the jug, allow to settle and serve with the boiling milk.

TURKISH COFFEE (*modified*)

(*Café Turque*).

2 ozs. coffee		1 pint water
Pinch salt		1 pint milk

The coffee should be freshly roasted, ground very finely or pounded in a mortar, then sifted through muslin or a fine hair sieve; put 2 ounces of the powder into a pan with the salt, milk and water cold; bring to boiling point, withdraw for a minute, boil up again, withdraw, bring to the boil a third time, pour into the coffee pot and serve without straining.

NOTE.—Turkish coffee proper is made in the above manner, but *much stronger* and *without milk*.

COCOA

(*Cacao*).

1 teaspoonful Cadbury's Cocoa Essence ½ pint milk and water (boiling)

Pour the milk and water over the essence, a little at a time, until it is smoothly mixed, pour back into the pan, bring to the boil and serve. This may be made with all milk.

The *Lady* says: "The nourishing and sustaining properties of **CADBURY'S Cocoa** cannot be too frequently reiterated, so nobly does it maintain the reputation of this old-established firm."

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The *Lady's Field* says: "As a beverage **CADBURY'S** is delicious, and as a food it contains so many valuable constituents necessary for the building up of brain and muscle that no housewife ought to be without it."



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CHOCOLATE

(*Chocolat*).

1 teaspoonful (heaped) Cad-		2 teaspoonfuls sugar
bury's Cocoa Essence		$\frac{1}{2}$ pint milk
A few drops vanilla		

Mix the sugar and cocoa essence, pour over it the milk boiling, pour back into the pan, just bring to the boil, add vanilla and serve. A little cream is an improvement.

No. 760.

TO BLANCH ALMONDS

(*Faire Blanchir les Amandes*).

Drop the almonds into some hot water, allow it just to boil, then strain and remove the brown skins by rubbing them in a cloth, drop the almonds into cold water until required, so as to keep their colour.

No. 761.

TO BLANCH PISTACHIO NUTS

(*Faire Blanchir les Pistaches*).

Drop them into some hot water containing a little carbonate of soda; allow the water just to boil, strain and remove the skins by rubbing them in a cloth.

No. 762.

TO CLARIFY FAT

(*Graisse clarifiée*).

Take about 4lbs. of mutton fat trimmings, sufficient for 1 bath, cut this into about half-inch squares, put into an iron stew-pan, cover with cold water, bring slowly to the boil and skim off the thick scum thoroughly; then allow it to boil slowly 4 to 5 hours, until all the water has evaporated, and the pieces of skin rise to the top, crisp and hard; allow it to cool a little, then strain and it is ready for frying.

No. 763.

TO CLEAN FRUITS

(*Faire Nettoyer les Fruits*).

Currants and sultanas should be cleansed by washing in cold water; then thoroughly dry them in a cloth.

No. 764.

TO MAKE BROWN BREAD CRUMBS

(Chapelure).

Take the crusty part of some stale bread, put it into a slow oven to dry and bake a golden brown shade, crush in a mortar, or with a rolling-pin and pass through a sieve. These may be kept for a long time if put into a jar or bottle and covered.

No. 765.

TO MAKE WHITE BREAD CRUMBS

(Panure).

Take some stale bread, and rub it through a wire sieve with the palm of the hand.

No. 766.

TO MAKE TOAST

(Pain rôti).

Light the grilling burners, turn them over and leave till the grill is red, about 2 minutes, then use just enough gas to keep the grill red. Put the bread on the toasting tin, slip it under the grill and toast an even brown, turn over and toast the other side in the same way. If served dry, arrange in a rack at once.

No. 767

TO PEEL AND GRATE A LEMON

(Zeste de Citron).

To peel a lemon for flavouring, just remove the yellow skin with a sharp knife, taking care to take none of the white pith. To grate a lemon take a coarse grater and grate off the yellow part only, the white being of no use for flavouring, besides being unpleasant and indigestible.

No. 768.

TO SKIN TOMATOES

(Éplucher les Tomates).

Drop the tomatoes into boiling water, leave for about a minute, lift out and the skin will readily strip.

No. 769.

ALMOND TOFFEE

(*Nougat aux Amandes*).

Make as No. 770, using almond essence, adding 2 ounces almonds, roughly cut up, just before pouring into the tin.

No. 770.

LEMON TOFFEE

(*Nougat au Citron*).

$\frac{1}{4}$ lb. butter
1 lb. brown sugar

$\frac{1}{2}$ lb. golden syrup
A little lemon essence

Put the butter, sugar and syrup into a pan and boil about 15 minutes, or until when dropped into water it sets hard; add flavouring. Pour on to a greased tin and allow to set.



Doe Venison : October to January.
Buck Venison : June to September.
House Lamb : November to June, reckoned prime in May.
Grass Lamb : April to August.
Pork : Every month except July and August.
Beef, Veal and Mutton : All the year; veal is reckoned at its best in May.

[illegible]

— 340 —

FEBRUARY.

Fish.					
Brill	Trout	Chickens	Eschalots		
Carp	Turbot	Ducklings	Greens		
Cod Family	Whiting	Ducks	Horse-radish		
Crabs	—	Fowls	Leeks		
Crayfish		Geese	Lettuce		
Eels	Fruit.	Grouse	Mushrooms		
Flounders	Almonds	Guinea Fowl	Onions		
Gurnets	Apples	Hares	Parsnips		
Haddock	Bananas	Partridges	Potatoes		
Halibut	Chestnuts	Pheasants	Salsify		
Herrings	Cocoanuts	Plovers	Sea Kale		
Lobster	Grapes	Rabbits	Spinach		
Mackerel	Lemons	Snipe	Turnips		
Mullet	Melons (water)	Turkeys			
Mussels	Oranges	Woodcock			
Oysters	" (Seville)		Forced		
Perch	Pears		Vegetables.		
Pike	Pines	Vegetables.	Artichokes (Jeru-		
Plaice	Rhubarb (forced)	Beetroot	salem)		
Salmon (at best)	—	Brussels Sprouts	Asparagus		
Shrimps	Poultry and	Carrots	Cucumbers		
Skate	Game.	Celery			
Smelts	Black Game	Chervil			
Soles	Capons	Cress			
Sprats					
Tench					

MARCH.

Fish.					
Brill	Tench	Poultry and	Asparagus (forced)		
Carp	Trout	Game.	Beetroot		
Cod Family	Turbot	Black Game	Brussels Sprouts		
Crabs	Whitetail	Capons	Carrots		
Crayfish	Whiting	Chickens	Celery		
Eels	—	Ducklings	Chervil		
Flounders		Ducks	Cress		
Gurnets	Fruit.	Fowls	Cucumbers (forced)		
Haddock	Almonds	Geese	Eschalots		
John Dory	Apples	Goslings	Horse-radish		
Lobster	Bananas	Guinea Fowl	Leeks		
Mackerel	Chestnuts	Hares	Lettuce		
Mullet	Cocoanuts	Leverets	Mushrooms		
Mussels	Figs	Pigeons	Onions		
Oysters	Grapes	Rabbits	Parsnips		
Perch	Lemons	Snipe	Potatoes		
Pike	Oranges	Turkeys	Salsify		
Plaice	" (Seville)	Woodcock	Savoy		
Salmon	Pears		Sea Kale		
Shrimps	Pines	Vegetables.	Spinach		
Skate	Rhubarb (forced)	Artichokes (Globe)	Tomatoes		
Smelts	Strawberries	" (Jerusalem)	Turnips		
Soles	(forced)		Turnip Tops		
Sprats					

APRIL.

Fish.		Poultry and Game.	
Brill	Soles		Beans
Carp	Tench		Beetroot
Cod Family	Trout		Carrots
Crabs	Turbot		Chervil
Eels	Whitebait	Chickens	Cucumbers
Flounders	Whiting	" (spring)	Endive
Gurnets		Ducklings	Eschalots
Haddock		Ducks	Fennel
Halibut	Fruit.	Fowls	Horse-radish
John Dory	Almonds	Geese	Leeks
Lobster	Apples	Guinea Fowl	Lettuce
Mackerel	Bananas	Hares	Mushrooms
Mullet	Brazils	Leverets	Onions (spring)
Mussels	Figs	Pigeons	Parsnips
Oysters	Grapes	Quails	Peas
Perch	Lemons	Rabbits	Potatoes
Pike	Nuts	Wood Pigeons	Radishes
Plaice	Oranges		Sea Kale
Salmon	Pears	Vegetables.	Spinach
Shrimps	Pines	Artichokes (globe)	Tomatoes
Skate	Rhubarb	Asparagus	Turnips
Smelts	Strawberries (forced)		Turnip Tops

MAY.

Fish.			Vegetables.
Brill	Tench	Pears	Artichokes
Cod Family	Trout	Pines	Asparagus
Crabs	Turbot	Rhubarb	Beans (kidney)
Crayfish	Whitebait	Strawberries (forced)	Beetroot
Eels	Whiting		Cabbages
Gurnets		Poultry and Game.	Carrots (new)
Haddock	Fruit.	Chickens	Cauliflowers
Halibut	Almonds	" (spring)	Chervil
Herrings	Apples	Ducklings	Cucumbers
Lobster	Bananas	Ducks	Endive
Mackerel	Brazils	Fowls	Horse-radish
Mullet	Currants (black)	Geese	Leeks
Mussels	" (red)	Guinea Fowl	Lettuce
Perch	" (white)	Hares	Onions (spring)
Pike	Figs	Leverets	Peas
Plaice	Gooseberries	Pigeons	Potatoes (new)
Prawns	Grapes	Rabbits	Radishes
Salmon	Lemons	Wood Pigeons	Salads
Shrimps	Melons		Sea Kale
Skate	Oranges		Spinach
Smelts			Tomatoes
Soles			Turnips

JUNE.

Fish.

Brill
Carp
Cod Family
Crabs
Crayfish
Eels
Gurnets
Haddock
Halibut
Herrings
John Dory
Lobster
Mackerel
Perch
Pike
Plaice
Prawns
Salmon
Shrimps
Skate
Smelts
Soles
Tench
Trout

Turbot
Whiting
Whitebait

Fruit.

Almonds
Apples
Bananas
Cherries
Currants (black)
" (red)
" (white)
Figs
Gooseberries
Grapes
Lemons
Melons
Oranges
Pears
Pines
Raspberries
Rhubarb
Strawberries

Poultry and Game.

Chickens
" (spring)
Ducklings
Ducks
Fowls
Goslings
Hares
Leverets
Ortolans
Pigeons
Plovers
Quails
Rabbits
Turkey Poults
Wood Pigeons

Vegetables.

Artichokes
Asparagus
Beans

Beetroot
Cabbages
Carrots (new)
Cauliflowers
Chervil
Cucumber
Endive
Horse-radish
Leeks
Lettuce
Onions (spring)
Peas
Potatoes (new)
Radishes
Salads
Spinach
Tomatoes
Turnips
Vegetable Marrows

Herbs.

Mint
Orange Thyme
Tarragon

JULY.

Fish.

Brill
Carp
Cod Family
Crabs
Crayfish
Eels
Flounders
Gurnets
Haddock
Halibut
Herrings
John Dory
Lobster
Mackerel
Mullet (grey)
" (red)
Perch
Pike
Plaice
Prawns
Salmon
Shrimps
Skate
Soles
Tench
Trout
Turbot

Whitebait
Whiting

Fruit.

Almonds
Apples
Bananas
Cherries
Currants (black)
" (red)
" (white)
Damsons
Figs
Gooseberries
Grapes
Melons
Nectarines
Oranges
Peaches
Pears
Plums
Raspberries
Rhubarb
Strawberries

Poultry and Game.

Chickens
Ducks
Fowls
Goslings
Hares
Leverets
Ortolans
Pigeons
Plovers
Quails
Rabbits
Turkey Poults

Vegetables.

Artichokes
Asparagus
Beans
Beetroot
Cabbages
Carrots
Cauliflowers
Celery
Chervil
Cucumbers

Endive
Horse-radish
Leeks
Lettuce
Mushrooms
Onions
Peas
Potatoes (new)
Radishes
Salads
Salsify
Spinach
Turnips

For Pickling.

Cauliflowers
French Beans
Gherkins
Nasturtiums
Onions
Red Cabbage
Walnuts

Herbs.

Knotted Marjoram

AUGUST.

Fish.

Brill
Carp
Cod Family
Crab
Crayfish
Eels
Flounders
Gurnets
Haddock
Halibut
Herrings
John Dory
Lobster
Mackerel
Mullet
Oysters
Perch
Pike
Plaice
Prawns
Salmon
Shrimps
Skate
Soles
Tench
Trout
Turbot

Whitebait
Whiting

Fruit.

Almonds
Apples
Apricots
Bananas
Blackberries
Cherries
Currants (black)
" (red)
" (white)
Damsons
Figs
Filberts
Gooseberries
Grapes
Greengages
Lemons
Melons
Mulberries
Nectarines
Peaches
Pears
Pines
Plums
Raspberries
Strawberries

Poultry and Game.

Blackcock
Chickens
Ducks
" (wild)
Fowls
Grouse (12th)
Hares
Leverets
Pigeons
Plovers
Rabbits
Snipe
Turkey Poults
Widgeon
Wild Pigeon
Woodcock

Vegetables.

Artichokes
Beans (French)
Beetroot
Cabbages
Carrots
Cauliflowers

Celery
Cucumbers
Endive
Horse-radish
Leeks
Mushrooms
Onions
Peas
Potatoes
Radishes
Salads
Salsify
Scarlet Runners
Spinach
Turnips
Vegetable Marrows

For Pickling.

Chillies
Eschalots
Nasturtiums
Radish Pods
Red Cabbage
Walnuts

SEPTEMBER.

Fish.

Brill
Carp
Cod Family
Crabs
Crayfish
Eels
Flounders
Gurnets
Haddock
Halibut
Herrings
John Dory
Lobster
Mackerel
Mullet (grey)
" (red)
Mussels
Oysters
Perch
Pike
Plaice
Prawns
Shrimps
Soles
Tench
Turbot
Whiting

Fruit.

Almonds
Apples
Apricots
Bananas
Blackberries
Cherries
Damsons
Figs
Filberts
Dates
Greengage
Lemons
Melons
Nectarines
Peaches
Pears
Pines
Plums
Pomegranates
Raspberries
Strawberries
Walnuts

Poultry and Game.

Chickens
Ducks

Ducks (wild)
Fowls
Geese
Grouse
Hares
Partridges
Pigeons
Plovers
Rabbits
Snipe
Teal
Turkeys
Widgeon
Woodcock

Vegetables.

Artichokes (Jerusalem)
Beans (French)
Beetroots
Brussels Sprouts
Cabbages
Capsicums
Carrots
Cauliflowers
Celery
Chervil

Cucumbers
Horse-radish
Leeks
Lettuce
Mushrooms
Onions
Parsnips
Peas
Potatoes
Radishes
Salads
Scarlet Runners
Spinach
Tomatoes
Turnips
Vegetable Marrows

For Pickling.

Chillies
Eschalots
Nasturtiums
Radish Pods
Walnuts

OCTOBER.

Fish.	Turbot Whiting	Poultry and Game.	Beetroot Broccoli Brussels Sprouts Cabbages Capsicums Carrots Cauliflowers Celery Cucumbers Endive Horse-radish Leeks Onions Parsnips Peas Potatoes Radishes Salads Savoys Scarlet Runners Spinach Tomatoes Turnips Vegetable Marrow
Brill	—	Black Game	—
Carp		Chickens	
Cod Family		Ducks	
Crabs	Fruit.	.. (wild)	
Crayfish	Almonds	Fowls	
Eels	Apples	Geese	
Flounders	Apricots	.. (wild)	
Haddock	Bananas	Grouse	
Halibut	Blackberries	Hares	
Herrings	Chestnuts	Partridges	
John Dory	Cocoanuts	Pheasants	
Lobster	Damsons	Pigeons	
Mackerel	Figs	Plovers	
Mullet (grey)	Filberts	Rabbits	
.. (red)	Grapes	Snipe	
Mussels	Lemons	Teal	
Oysters	Medlars	Turkeys	
Perch	Melons	Widgeon (at best)	
Pike	Mulberries	Wild Pigeons	
Plaice	Nectarines	Woodcock	
Salmon Trout	Oranges		
Shrimps	Peaches	Vegetables.	
Skate	Pears	Artichokes (Jeru-	
Smelts	Pines	salem)	
Soles	Pomegranates	Beans (French)	
Tench	Walnuts		

For Pickling.

Chillies
Eschalots

NOVEMBER.

Fish.	Sprats Tench Turbot Whiting	Poultry and Game.	Beans (French) Beetroot Broccoli Brussels Sprouts Cabbages Cauliflowers Celery Chervil Cucumbers Endive Eschalots Greens Herbs (various) Horse-radish Leeks Lettuces Onions Parsnips Potatoes Savoys Spinach (winter) Tomatoes Turnips
Brill	—	Black Game	
Carp		Chickens	
Cod Family		Ducks	
Crabs	Fruit.	.. (wild)	
Eels	Almonds	Fowls	
Flounders	Apples	Geese	
Gurnets	Bananas	Grouse	
Haddock	Chestnuts	Hares	
Halibut	Cocoanuts	Partridges	
Herrings	Grapes	Pheasants	
John Dory	Lemons	Pigeons	
Lobster	Melons	Plovers	
Mullet	Oranges	Rabbits	
Mussels	Pears	Snipe	
Oysters	Pines	Teal	
Perch	Pomegranates	Turkeys	
Pike	Quinces	Widgeon	
Plaice	Tangerines	Woodcock	
Shrimps	Walnuts	Vegetables.	
Skate		Artichokes (Jeru-	
Smelts		salem)	
Soles			

DECEMBER.

Fish.

Brill
Carp
Cod Family
Crabs
Crayfish
Eels
Flounders
Gurnets
Haddock
Halibut
Herrings
Lobster
Mackerel
Mullet
Mussels
Oysters
Perch
Pike
Plaice
Salmon
Shrimps
Skate
Smelt
Soles
Sprats
Tench
Whiting

Fruit.

Almonds
Apples
Bananas
Chestnuts
Cocoanuts
Grapes
Lemons
Melons
Oranges
Pears
Pines
Pomegranates
Quinces
Rhubarb (forced)
Tangerines
Walnuts

Poultry and Game.

Black Game
Capons
Chickens

Ducks

(wild)
Fowls
Geese
Grouse
Hares
Ortolans
Partridges
Pheasants
Pigeons
Plovers
Ptarmigan
Quails
Rabbits
Snipe
Teal
Turkeys
Widgeon
Woodcock

Vegetables.

Artichokes (Jerusalem)
Beetroot
Broccoli

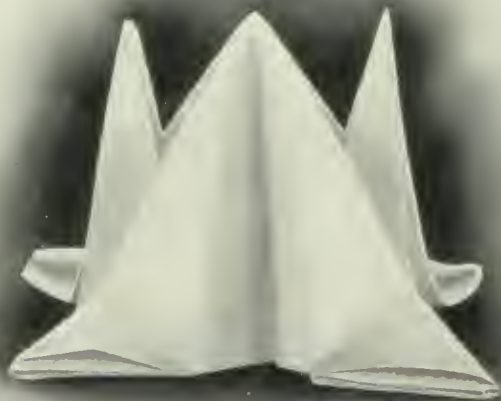
Brussels Sprouts

Carrots
Celery
Chervil
Cucumbers
Endive
Eschalots
Greens
Horse-radish
Kale (Scotch)
Leeks
Lettuce
Mushrooms
(forced)
Onions
Parsnips
Potatoes
Salsify
Savoys
Spinach (winter)
Tomatoes
Turnips



FOLDING SERVIETTES.

I N making the table tasteful the art of serviette-folding plays an indispensable part. By skilful manipulation of the snow-white linen, graceful representations of floriation and artistic figures are attained. The following examples, distinctively representative of the best and most popular designs, may serve to afford instruction in the mysteries of folding ; and from them ideas for other patterns are also suggested.



THE COCKADE.

The first illustration is a study in the Cockade, which is simple and effective in form.

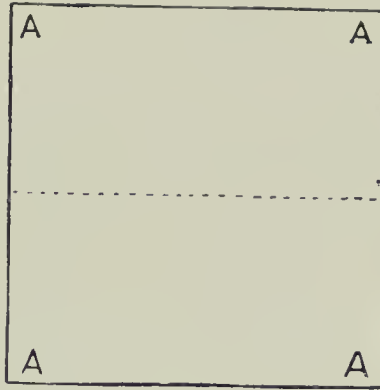


FIG 1

Fig. 1.—This shows the serviette laid open in the square, ready for folding. Take the lower corners A A and cross them over to the other A A, making the linen half its usual size, and forming Fig. 2.

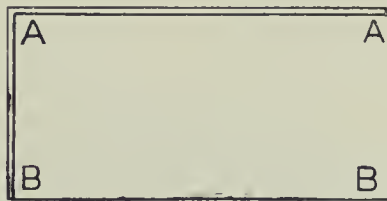


FIG 2

Fig. 2.—Press the crease B flat with the hand, and next turn in the four corners, making a triangular figure at each end, marked C in Fig. 3.

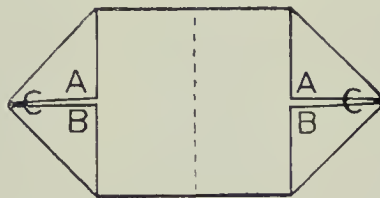


FIG 3

Fig. 3.—With the right hand take C to C, and Fig. 4 is reached.

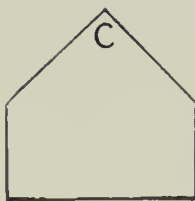


FIG 4

Fig. 4.—Topmost point C to be turned backward and pressed.

Fig. 5.— Turn serviette completely over.

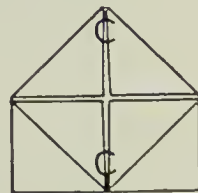


FIG 5

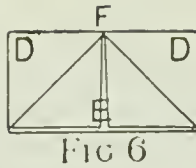


Fig. 6.—Bring C to meet at the centre with F, D being between the outer folds.



Fig. 7.—On both sides fold D *inwardly* down to letter E.

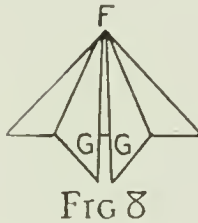


Fig. 8.—G G to be brought in a line with F on both sides of fold. Then turn over and repeat. Pull the two side ends out slightly (as in completed design) and also extend the bottom to cause the serviette to stand firmly.





DOUBLE FAN AND PETALS.

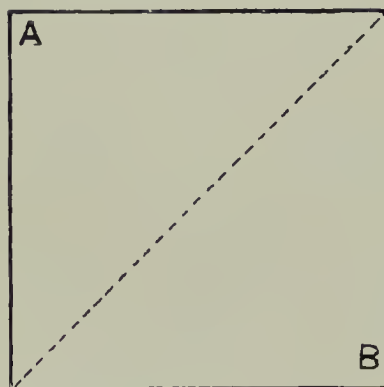


FIG 1

Fig. 1.—This is a dainty design easy of execution. As in illustration No. 1, place the serviette on the table and carry point A to B. Then straighten the triangular form (as in Fig. 2) and have A B farthest from you.

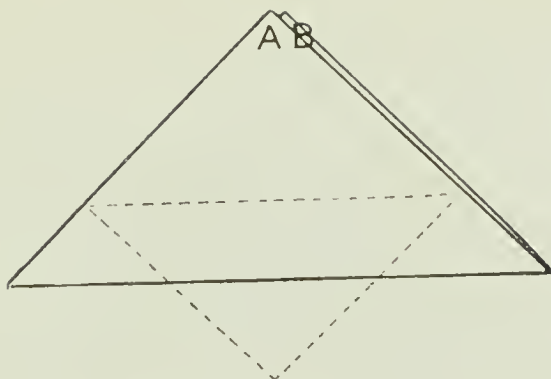


FIG 2

Fig. 2.—Bring A down to three or four inches below the crease line at the bottom of the figure, as indicated.

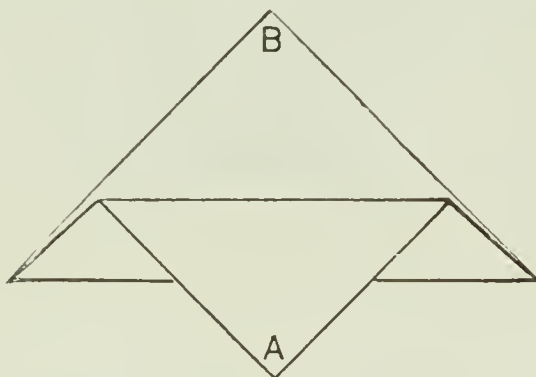


FIG 3

Fig. 3.—Turn the serviette over and draw B to the position of A, shown in this diagram.

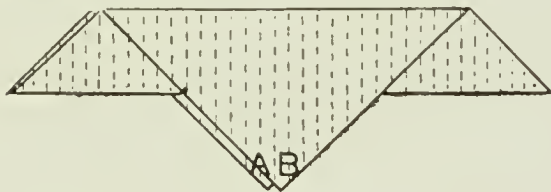


FIG 4

Fig. 4.—Place the folded serviette lengthways before you, and then firmly gripping with both hands pleat across (as portrayed by the dotted lines), allowing the pleats to be about $1\frac{1}{2}$ inches in depth. Take the end to go in the glass in the left hand and hold tightly, while with the right hand open the folds slightly. The lower portions are crimped with the forefinger and thumb of the right hand to relieve the stiffness of the pleats.



THE TULIP.

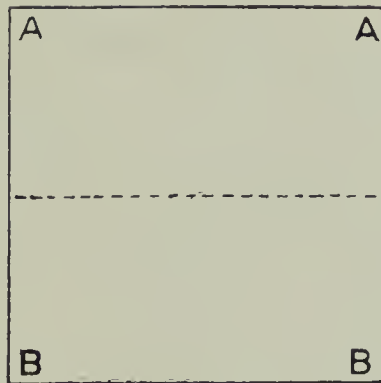


FIG 1

Fig. 1.—A free and elaborate design of floral ornamentation. Here, again, at the beginning the serviette is open. First take corners B B, and folding from you lay them upon A A, and constitute the next movement.

Fig. 2.—Carry D D to C C, and after pressing the crease well, and thus making the guiding mark E F, return D D to their original positions. Put the fore-

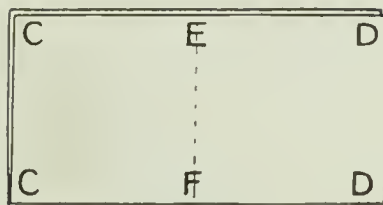


FIG 2

finger of the left hand on point E, and then turn down both folds of D to F. Treat C the same way, and Fig. 3 is the result.

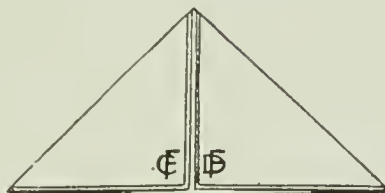


FIG 3

Fig. 3.—Now turn the serviette over, laying the folded side on the table, and you have Fig. 4.

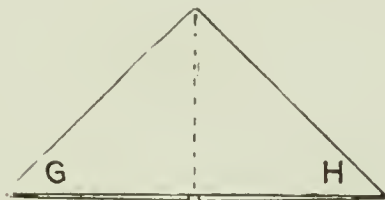


FIG 4

Fig. 4.—Produce a smaller triangle by folding corner H, with the folds beneath it, to G.

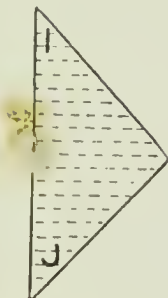


FIG 5

Fig. 5.—Lay the serviette with the J nearest you (as in diagram) and then pleat to bring about example in Fig. 6.



FIG 6

Fig. 6.—The last stage is reached by holding serviette in left hand, and drawing the points outwards, and arranging them to represent petals, the whole being completed by fixing in a wine-glass.



A SIMPLE FAN.

Fig. 1.—In this example the chief principles of “fan” forming are explained. First double the serviette in half, as sketched. Take the corners of the upper layer A A and turn them down to B B and press with the hand, and the second step is completed.

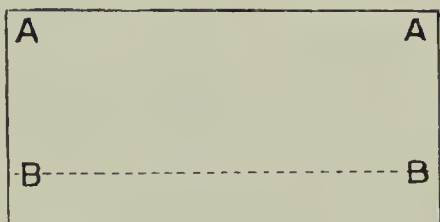


FIG 1

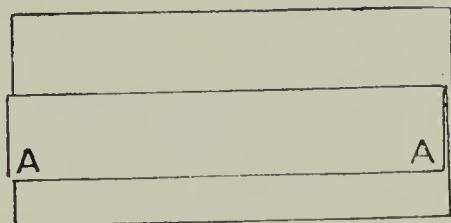


FIG 2

Fig. 2.—Turn this completely over and fold the upper edge down as in the first figure.

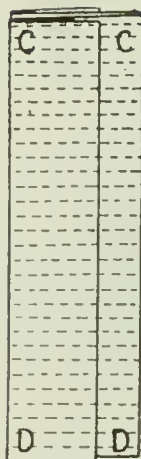


FIG 3

Fig. 3. Here the serviette must be laid lengthwise, as shown in diagram, and pleated the whole length.

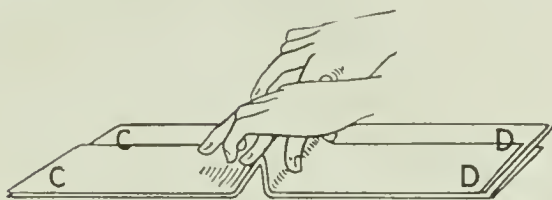


FIG 4

Fig. 4.—This illustrates pleating. Begin in the centre and move to C C, and then gripping the pleats turn the article round and repeat to D D, ending in Fig. 5.



FIG 5

Fig. 5.—Gives the result of the pleating.

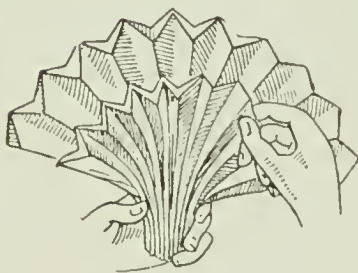


FIG 6

Fig. 6.—Hold as outlined. Let the upper part spread out fan-like, and finish by vandyking the points of the outer folds of linen in between each pleat, and also round the top edge.



THE DOUBLE CUFF.

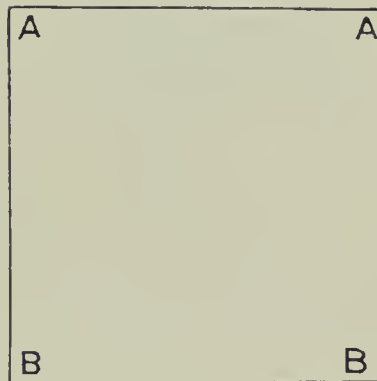


FIG 1

Fig. 1.—Serviette laid out for folding.

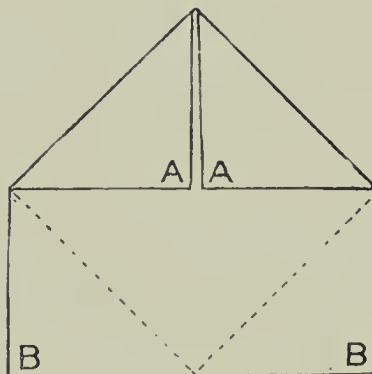


FIG 2

Fig. 2.—Turn down points A A to meet in centre.

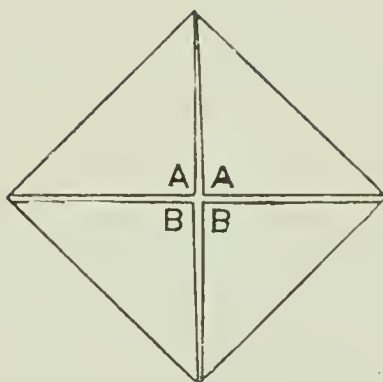


FIG 3

Fig. 3.—Turn points B B in exactly similar fashion, serviette then representing a diamond.

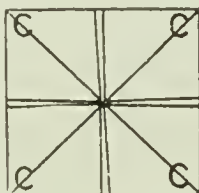


FIG 4

Fig. 4.—Having turned serviette over, bring the four C's to meet in centre.

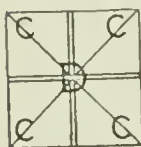


FIG 5

Fig. 5.—Once more turn over and repeat the operation with the C corners.

Fig. 6.—Again turn serviette over, open out each corner, fold and lay it back, and you have a Greek cross.

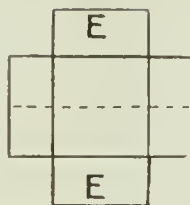


FIG 6

Double then



FIG 7

Fig. 7.—Open out at the bottom and the "cuff" will stand as shown.



BOAT IN FULL SAIL.

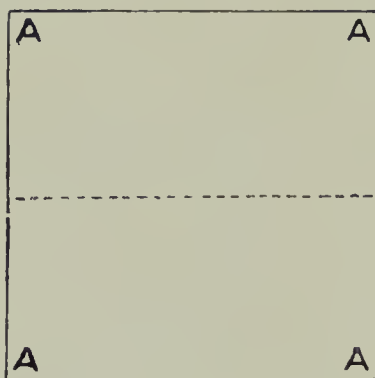


FIG 1

Fig. 1.—Double in half, taking lower A A to higher A A.



FIG 2

Fig. 2.—Fold right hand A B to left hand A B.

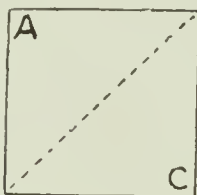


FIG 3

Fig. 3.—Carry lower C to A corner, and a triangle is obtained.

Fig. 4.—Turn serviette over from the right hand side. Next take right hand D to meet on indicated dotted line in centre, and repeat on reverse side.



FIG 4



FIG 5

Fig. 5.—Serviette to be turned over again from the right.

Fig. 6.—Lay over corners D D and press down well, and then double the linen.



FIG 6



FIG 7

Fig. 7.—Place the closed portion of the serviette on the table, and draw out the four ends for sails



THE ARUM LILY.

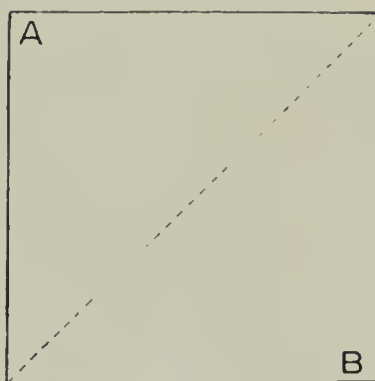


FIG 1

Fig. 1. —Take right hand B to left hand A, as per dotted line.

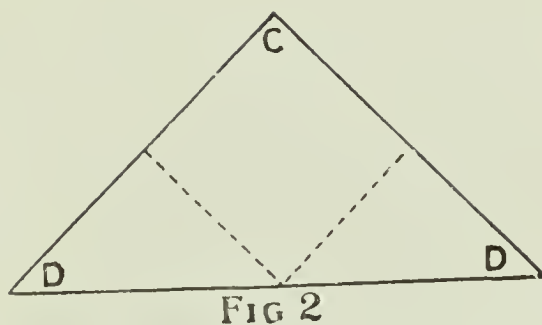


Fig. 2.—Corners D carried to C form a diamond and Fig. 3.

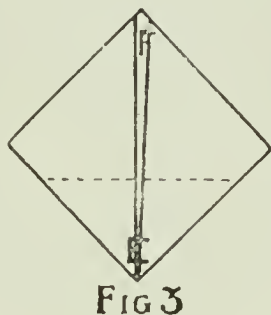


Fig. 3.—Bring E to within four or five inches from F.

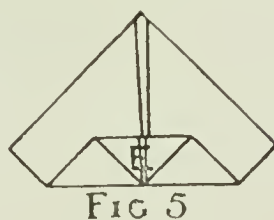
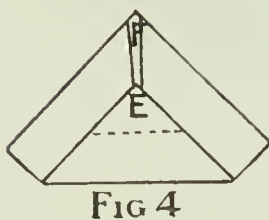


Fig. 4.—Fold back E to the level of the bottom line.

Fig. 5.—Turn serviette over and reach Fig. 6.

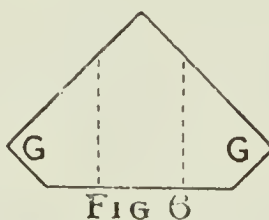


Fig. 6.—Take points G G and securely tuck right hand corner in fold of the other. Stretch out underside that serviette will stand, and to finish the device turn serviette over, and then turn down outer lap and place the tip in the round fold at the bottom.



THE SWISS.

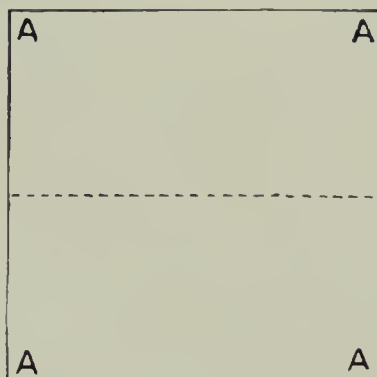


FIG 1

Fig. 1.—Wrap lower A A over to top A A.



FIG 2

Fig. 2.—Double from right hand A B to left side, forming a square.

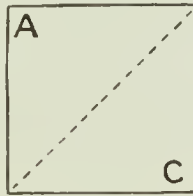


FIG 3

Fig. 3. —Take lower C to A and constitute triangle.



FIG 4

Fig. 4.—Change position of serviettes now, so as to have left-hand D towards you. Then pleat across from D to D, allowing the pleats to be about an inch in depth



FIG 5

Fig. 5.—Place serviettes in wine-glass according to example. With forefinger and thumb of each hand roll down outer fold nearest you and lay it over the rim of the glass, thus completing the design.



THE WATER LILY (WITH CROÛTONS FOR SOUP).

This design is specially serviceable for holding bread, croûtons, &c. Take a stiff and perfectly square serviette; fold the corners to the centre, repeat the process and repeat again, pressing the folds thoroughly each time. Turn the serviette right over, fold the corners to the centre once more and press well; hold these last folds firmly in place with the fingers of one hand, and with the other draw up the four corner folds from underneath, shaping them at the same time to form the petals of the flower. Next draw up in the same way the folds which will be found at the sides, and lastly another set of folds from the corners, which keep the whole in perfect shape.



THE MANAGEMENT . . .

OF THE

GAS COOKING RANGE.

THE application of gas to the various operations of cooking has been treated of in the recipes and introductory articles, and need not be repeated here. With their assistance, together with the following remarks published by Messrs. Fletcher, Russell & Co. under the above heading, no difficulty should be experienced in obtaining perfect results and preventing undue consumption of gas.



WASTE OF GAS IN COOKING.

THE CAUSE AND REMEDY.

THE necessary cost of gas for cooking and water heating in an average household does not exceed one penny per week for each person. with gas at $2/8$ per 1,000 cubic feet, and with proper knowledge and experience this cost can be reduced considerably. In using the ovens, arrange the work so that as much as possible is done at once. Unless the oven is fairly well filled, it requires more gas to keep the oven hot than to do the cooking. When roasting meat, use the remainder of the space by baking pastry, cakes, roasting potatoes, &c. To do these separately, with the oven half filled, nearly doubles the cost.

In roasting, the damper should be fully open for good work—the cost can be reduced by leaving the damper only one quarter open, but the result is not so crisp and fine.

For all work except roasting, in all ovens with a damper, this should be open only one quarter. All our oven dampers have a stop which gives the right position for this; they cannot be closed entirely.

Learn how long it is **necessary** to light the oven before commencing to cook; some of the best ovens are fully heated in less than 5 minutes, others require 15 or 20 minutes, and it is best to start with a hot oven. When it is hot, use it as much as possible for all work which may be needed, to save a second heating, which is waste. The full power of the burners is **never** needed after the first 15 or 20 minutes; after this it can be reduced by half. Where the gas pressure is great, the full power is never required, it only burns the contents of the oven, wastes gas, and spoils the work.

Frying is one of the cheapest forms of cooking.

Grilling under the burner is the most perfect and the most expensive. A large grill is a delightful luxury not to be indulged in where economy is essential, but heating water, &c., over the grill with the waste heat considerably reduces the cost. Learn exactly how long the grill requires to get fully hot, and never exceed this.

Boiling.—The greatest waste occurs in boiling. One penny-worth of gas at $\frac{3}{4}$ per 1,000 cubic feet will boil at least 5 gallons=20 quarts of water. To boil more water than is needed is useless expense. Taking a pan 8 inches across, to boil 1 potato weighing $\frac{1}{4}$ lb. costs $\frac{1}{16}$ of a penny, to boil 7 lbs. in the same pan costs 1 farthing, for the same weight it costs to boil 1 potato, in the same pan, twenty-eight times as much in proportion as it costs to boil 7 lbs., therefore the pan should be no larger than is necessary.

Baths and Cleaning Water.—For baths the cost is 1d. for 30 gallons, for cleaning 1d. for 15 gallons=5 full buckets or 10 buckets half full, as generally used.

Boiling over of pans.—This is the test above all others. The signs of boiling over are difficult to conceal, and they seldom or never occur with a careful cook. When the contents of the pan boil, a little time elapses before it boils over, and then, if the burner is not attended to, the marks are visible. Gentle boiling requires one-half the gas **per hour** which is sufficient to boil the contents of the pan in a reasonable time; quick boiling is useless and extravagant

Steaming Vegetables is, in practice, much more expensive than boiling, owing to the much longer time taken. It costs 1d. to boil dry a pan containing 1 gallon of water, and in boiling vegetables very little water needs to be boiled away; in steaming, a large quantity usually evaporates into steam. The amounts referred to are small, fractions of pence, but it must be remembered that 1d. per day is more than 30/- per annum.

To boil 3 gallons of water each day when only $1\frac{1}{2}$ gallons is used, **wastes 9/- per annum**. An oven requiring 14 cubic feet per hour at full power, should need only half this after the

first 20 minutes. If used for $1\frac{1}{2}$ hours daily, and the full power is used all the time, **wastes** 3,000 cubic feet of gas = 10/- per annum.

Three pans, requiring each 4 feet per hour to keep them gently boiling, will require double this for hard boiling, and if used for 2 hours per day. **Waste**, 10/- per annum.

A 30 gallon bath used daily costs 1d. In many cases 15 gallons do as well. If the larger quantity is heated, the **waste** is 15/- per annum.

The above waste would more than pay for the whole cooking and water heating of a large family.

These are a few of the many ways in which gas can be wasted for absolutely no benefit, but it must not be imagined that the waste of gas is all in the cooking department. A far greater waste is constantly going on in most houses, caused by the use of bad burners, opaque globes, burners not properly selected as regards power, excessive gas pressure, &c. A little care and judgment will, in most houses, obtain the same or better results with one half the gas at present burnt.

THE FOLLOWING ARE CASES IN PRACTICE. . .

The **First** is a small family where every care is exercised, and may be taken as a rule in economical and carefully managed households. The other is the case of a family in good position, where economy is no object and no close supervision is exercised: one is the result obtained by the mistress—the other that by the servant, and in the absence of gross waste and neglect they may be taken as the two extremes; they are both actual results and amounts paid, and not estimates.

“COST FOR ONE YEAR.

“Cooking regularly for six persons, and boiling water for general purposes (during summer months, no fire in the house). Gas, $2\frac{1}{4}$ per 1,000 feet.

Quarter ending December 21st	...	6/11
.. .. March 22nd	...	5/2
.. . June 22nd	...	5/1
.. .. September 25th	...	5/5

Total cost of 12 months' cooking, £1 2s. 7d. (Nine-tenths of a penny per week for each person)."

Second Case.—"As we have no other gas burners in our house, and only use gas for cooking purposes, I am entitled to give you the exact cost for cooking for a family of ten persons, without having to estimate it in any way. From the 4th of January, 1888, till the 2nd July, 1889, your range consumed 41,700 feet of gas, which, at $\frac{2}{3}$ per 1,000, amounts to £4 13s. 9d., or $5\frac{2}{3}$ per month. Our kitchener used to consume a ton of coal a month, which may be fairly estimated to cost 20/-, whereas your range does the same amount of cooking for $5\frac{2}{3}$." (Three halfpence per week for each person.)

THE MANAGEMENT OF GAS COOKING RANGES.

Gas Supply.—It will be found economical, and the general cooking will be improved, if a good Gas Pressure Governor is fixed near the meter; this is also a great improvement for lighting burners, which are always steady with a governor, and do not jump or flare. The advantages in cooking are:—There is less liability to waste, and the heat is regular and reliable, at all times without variation.

Gas Pipes.—These should be larger than the main pipe of the gas range, especially if the distance from the meter is over 3 or 4 yards; otherwise, when all the burners are full on, the friction of the gas passing through a small pipe reduces the pressure and supply, and the full power cannot be obtained when required.

Boiling Burners.—The pans used over these should be as broad and flat as possible, to utilize the heat to the best advantage, and care must be taken to keep them free from loose dirt outside; a pan coated with dirt and soot from a coal fire must be

scraped and scoured before it is used on a gas burner, otherwise it will make a most offensive smell. The *outside* of a pan must have no dirt adhering to it, although it may be discoloured.

Boiling Over.—Never let any pan boil over; this is wasteful and expensive, and causes choking of the burner holes, rust, and unnecessary cleaning. When the contents of a pan or kettle boil, turn the gas down at once until the boiling is steady and gentle; sharp boiling is only a waste of gas. Do not push the pans aside instead of turning down, if cost is any object; this only wastes gas and over-heats the kitchen.

Do not let the holes in the burners become choked with dirt; this causes a smoky flame, smell, and waste of gas. For simmering, a medium-sized burner, turned very low, is preferable to a small simmering burner, as the heat is more equally distributed, and, especially with soups and stock pots, there is much less liability to burn and spoil the flavours of the contents of the pan.

For soups and stewing never let the contents of the pan boil; if steam rises slowly from the surface, without bubbles, the result will be satisfactory; hurry spoils all cooking.

Grilling.—This is the first essential point for a *good* cook. In invalid cookery, especially, this is the most important, and nothing is so thoroughly appreciated when done well. It is the most expensive way of cooking, but with gas it can be done so cheaply that the cost need be no object. Get the grill *thoroughly* hot to commence with, this should not require more than 3 minutes; it must be remembered that it is possible to get a good gas grill too hot, and some judgment is needed. It is not generally understood that the distance from the source of heat is a serious matter; if the meat to be grilled is, say, 4 inches away from the source of heat, and the result is satisfactory, the same result, precisely, can be obtained from one quarter the amount of gas if the distance is reduced to 2 inches, and this is the opportunity for the cook to show both judgment and economy. The heat from the top of a gas grill may be utilized to advantage without loss of heat downwards.

Smell from Boiling Burners.—A faint smell may arise for a few minutes when a cold vessel is placed over a burner, but this should be so slight as to be unnoticed in an ordinary kitchen.

Any appreciable smell is a sign either of carelessness, or that the burners are out of order. If the gas becomes ignited inside the burner tube, a very offensive smell arises, and little heat is obtained.

The Oven should be kept clean inside; the best method is to use strong hot soda and water, with scouring soap.

The Hottest and best part of the oven is near to the top, and, with a little experience, it will be found that the best work is done without a solid shelf, using grid shelves only. A solid shelf, unless slotted or round, is liable to burn anything placed on it; and in making small fancy rolls, and similar things, which cannot be baked in separate small tins, it will also be found a good plan to place the rolls, &c., on common unglazed tiles on a grid shelf. These tiles are used for wash-house floors, &c., and are very cheap.

Heating the Oven.—The time required for heating varies greatly with different classes of oven. With our Patent Removable Enamelled Linings, 2 minutes will be sufficient for puff pastry; for other ovens, from 10 to 20 minutes may be required.

The heat of an oven can always be tested by opening the door and quickly blowing a pinch of flour inside; a smell of baked bread should be instantly recognised if the oven is hot enough for pastry.

In opening the door do not hold the head over it, as the sudden rise of hot air is disagreeable.

Pastry should be kept as near as possible to the top of the oven, and the damper (if one is fixed to the oven) must be half closed.

Meat or Fowls should be hung, or placed on a grid shelf, not in a tin. The dripping tin must always be used under the bottom of oven, below the burners. Fat in a tin inside the oven is liable to burn, and make an unpleasant smell.

Good ordinary pastry can be baked above roasting meat, and at the same time, but fine puff pastry must always be baked alone, as the steam from the meat prevents the most perfect results, and greater heat is required than for meat.

For roasting or baking, start with a sharp heat, the hotter the better. With meat or bread, turn the gas lower after the first 15 minutes; for small puff pastry articles, keep up the full heat until finished.

In Stewing, and making milk puddings, keep the gas turned low to prevent boiling, and allow ample time, as this class of cooking cannot be hurried; over-heating spoils the result; half close the damper to save gas.

In Roasting Meat, the damper should be fully open; free ventilation is necessary for good roasting. If the meat is to be baked, as in an ordinary fire oven, the damper must be partly closed, and the joint put in a dripping tin, but this method of cooking is much inferior, and is not advisable in the gas oven.

The following tabulated statement gives a comparison of the quantities of gas consumed for cooking, and also for ordinary lighting purposes, during 8 consecutive days, showing clearly how little difference the adoption of gas cooking makes to the gas bill.

Cubic Feet used.	Cost at $\frac{3}{5}$ per 1,000.	Purpose for which used.
	D.	
150	6'15	Chiefly Illumination.
30	1'21	Oven for stew and pie, also boilers.
80	3'28	Illumination.
50	2'05	Oven and boiler.
120	4'92	Illumination (deduct 10 ft. for heating water).
20	0'82	Stew, pie, and vegetables.
100	4'1	Illumination.
5	0'2	Heating water.
105	4'3	Illumination.
45	1'8	Roasting 6 lbs. beef, boiling vegetables.
75	3'07	Illumination.
30	1'21	Soup, potatoes, macaroni.
70	2'87	Illumination.
10	0'41	Boiling vegetables and baked pudding.
90	3'69	Illumination and boiling kettle.
86	3'28	Illumination.

EIGHT POUNDS OF BREAD

costing 14d. can be made BETTER



at home for 8½d., in a

∴ GAS-HEATED OVEN. . .

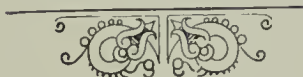
HOME-MADE BREAD has, in England, almost disappeared. The great economy is not so well known as the fact that the ordinary range oven is a very uncertain and troublesome arrangement, which makes the result in baking a doubtful matter; the trouble with the oven has been the greatest factor, but now, fortunately, this is done away with. Taking figures first, as to economy; four pounds of best baking flour, at present prices, costs 6½d., and this, with 1 pennyworth of yeast, will make 7½ to 8 pounds of best bread, far better than any shop bread which can be bought. This quantity can be baked to perfection in a gas oven, at a cost of 1 penny for gas, and we have a total cost of 8½d. for 8 pounds of bread, as against 1½, the present shop price. The above are the actual costs and weights obtained in regular practice; as regards quality and flavour there is no possible comparison. The trouble and vagaries of the ordinary kitchen range are too great, and the results too uncertain. The cost of using a gas oven is in direct proportion to its size, and where economy is necessary, the size of each baking must be proportioned to the size of the oven. If an oven will hold 4 loaves, the cost of baking 2 in the same oven is practically the same as when 4 are baked at once, but, even if it is only half filled, the economy is very considerable.

A medium-sized potato (boiled) to every 2 lbs. of flour is an improvement, and potatoes left over at dinner can be utilized in this way.

It must not for a moment be supposed that the great difference in the cost is all profit to the baker; he has rent, taxes, horses, carts, and workpeople to provide for, in addition

to his own profit. All these expenses are saved by those who bake at home, and this is where the economy comes in. Where the baking is done at home the tastes of all the family can be consulted, without extra trouble or expense, as the loaves may be made crusty or soft, and cobs, rolls, twists, and other varieties of so-called fancy bread, which can only be bought at a fancy price, are all equally easy to make in a gas heated oven, they entail no extra trouble or cost. The actual saving is greater than stated, because home-made bread is not so loaded with water, and is more satisfying for this reason.

The secret of success in baking is to always test the yeast before adding it to the flour. Mix the yeast with half a teaspoonful of sugar, 1 teaspoonful of flour, and about half a pint of lukewarm water. If the yeast is good it will begin to froth sharply in less than 10 minutes.



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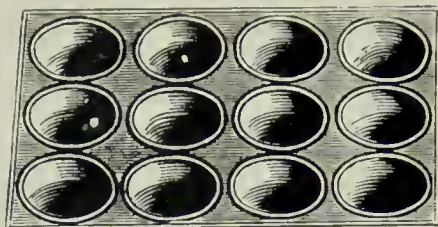
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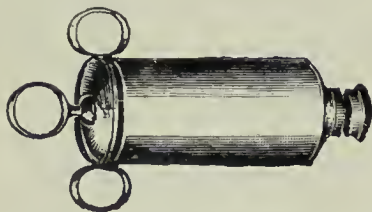
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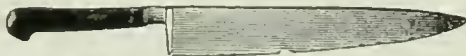
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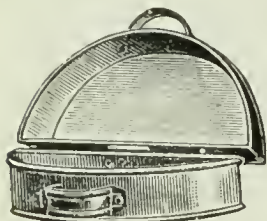


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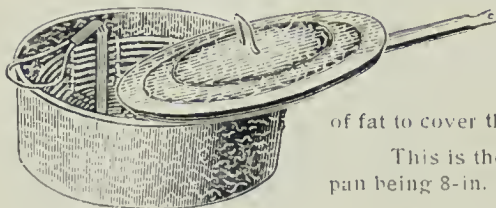
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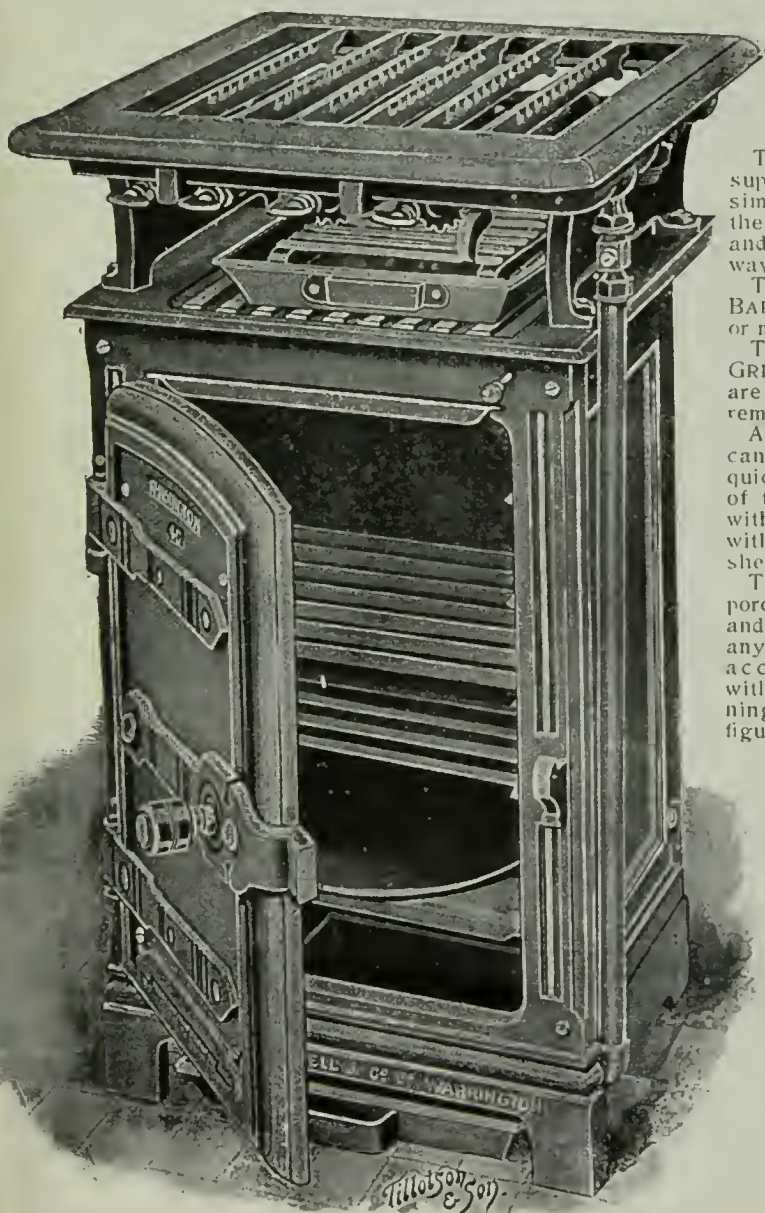
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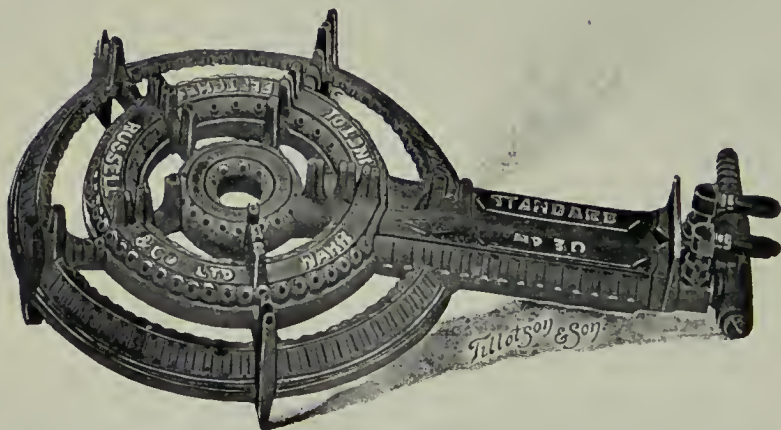
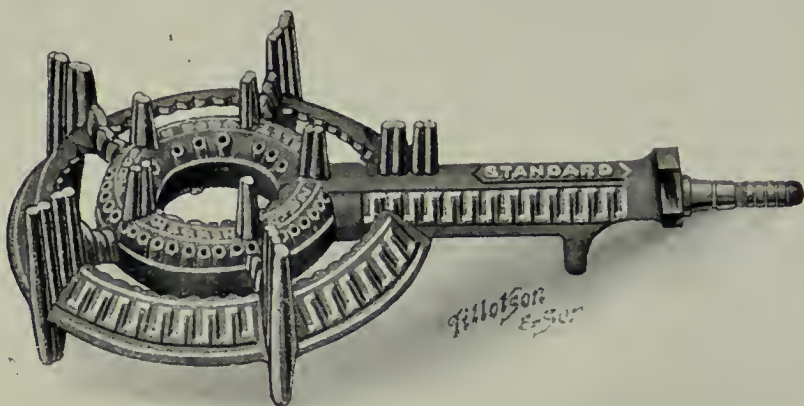
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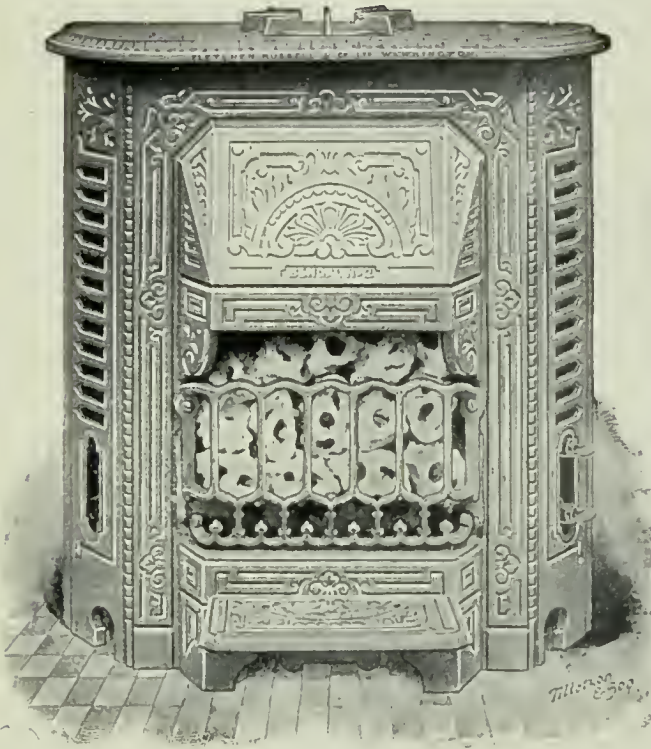
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Prices:—Three gallon size: 14½-in. wide, 20-in. high, 7½-in. back to front, excluding spout; price, complete with high pressure water tap, 80/-; Nickel-plated, 105/-; or without taps and towel rail, 65/-; Nickel-plated, 90/-

The three gallon size is amply large for ordinary family use.

Auto. Service No. 5.

Prices:—Five gallon size: 14½-in. wide, 30-in. high, 7½-in. back to front, excluding spout; price, complete with high pressure water tap, 95/-; Nickel-plated, 124/-; the same without taps and towel rail, 80/-; Nickel-plated, 109/-

Both patterns are made in strong copper, enamelled outside and coated with pure tin inside.

THIS is an improved form of the well known Automatic Cylinder, and is intended to be connected direct to the ordinary water service over the scullery sink.

It is independent of any pressure on the water mains. The hot water is always at instant command, even if the gas has been completely extinguished for 12 hours previously, the heat being perfectly retained for long periods. All that is necessary is to light the burner for about half-an-hour or so when the supply of hot water is getting low. A small speck of flame in the pilot light gradually increases the temperature of the stored water, which, if left cold at night, will be found scalding hot in the morning, and ready for use.

The hot water reserve in the smallest size is three gallons, and in the larger size five gallons, all or any part of which can be drawn instantly. There is no loss of heat by circulating pipes, &c., the hot water not used being stored for future use without waste.

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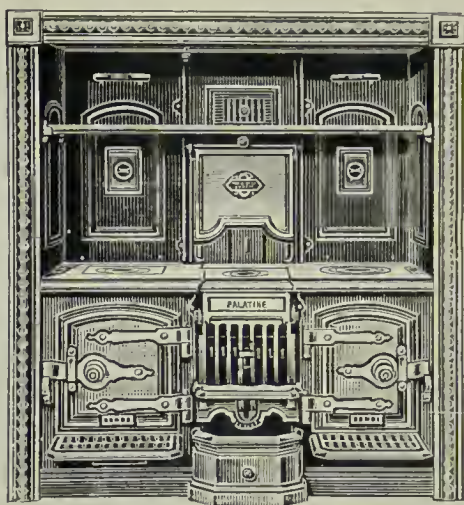
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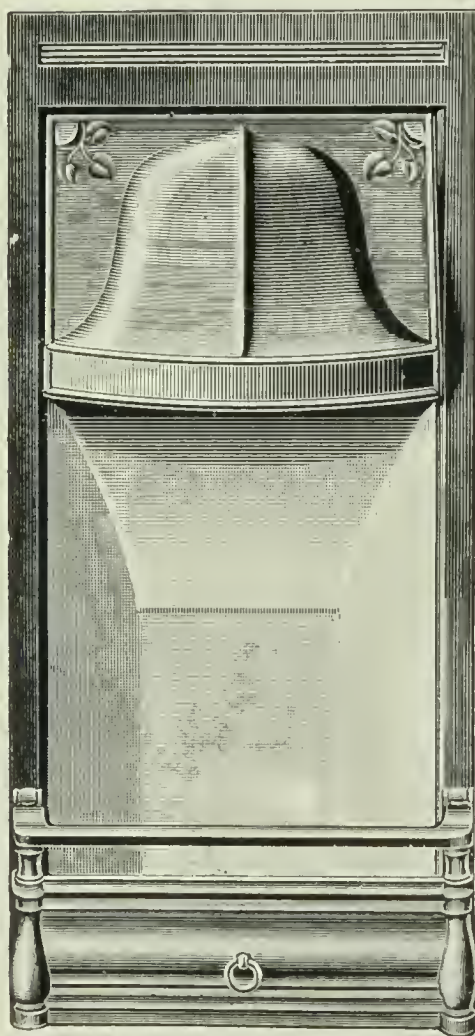
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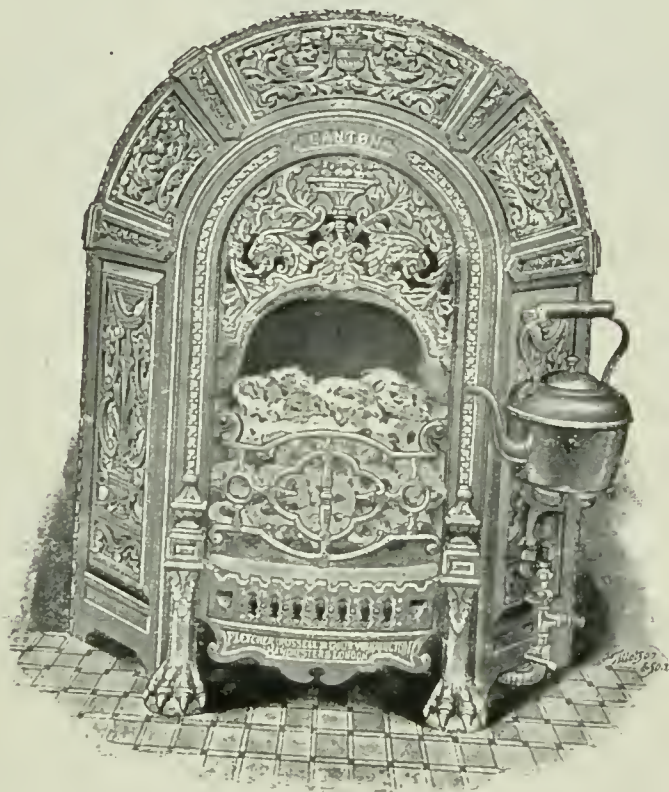


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